



Calgary

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Your essential daily news | WEDNESDAY, MAY 25, 2016

SLOW GING

'Pace cars' to stymie city speed demons metroNEWS

Checking ban to 'keep kids in the game'

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HOCKEY CALGARY

Safety and skill growth key for lower Midget divisions: Exec



Lucie Edwardson Metro | Calgary

Hockey Calgary has made the decision to ban bodychecking for Midget 5 division and lower.

Kevin Kobelka, executive director for Hockey Calgary, said the decision was made at the operation committee meeting a few weeks ago and approved by its board of directors last week.

Kobelka said much like the decision to ban checking in the lower divisions of the Bantam age group last year, the decision to ban bodychecking in lower Midget divisions is twopronged.

"We wanted to keep more kids playing the game and we thought many were leaving because of checking," he said. "It's our job to ensure safety, and basically none of the kids moving into this division now have ever had bodychecking based on the decision we made a few years ago in the pee-wee age group."

According to Kobelka, the elite Midget divisions (AAA, AA and divisions 1-4) will still have bodychecking.

"The players in divisions five and six still need to work on their skating skills, their puckhandling skills and their ability to protect themselves," he said.

"At that level they maybe aren't as refined to be able to protect themselves, so we feel this is the right move to keep kids in the game and play competitive hockey."

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Your essential daily news

CRTC plans public hearing, in September, to evaluate "skinny TV," a \$25 basic cable package. Business







Members of Haysboro Community Association play on their natural play structure obstacle course — built in November 2015 for all ages to enjoy, HELEN PIKE/METRO

Play spaces to get natural look

They connect

people, young

and old.

Daniel England

CITY HALL

Pilot projects encourage kids to embrace the outdoors



Helen Pike Metro Calgary

Calgary's playgrounds are going back to basics — or they could be if this "natural playground" trend gets swinging.

The city is currently piloting two projects, one in Inglewood's Mills park, and one in Confed-

eration Park where after careful deliberation from parents and the real playground experts (kids), they will create play spaces with little to no plastic elements.

"They're not typical in instruction, they connect people, young and old to nature," said Daniel England, project manager with parks. "You've got 360 degrees of access to pieces or components, you're not limited by specific structure."

He said this could include things like wood, rocks, plants and even streams to explore or host boat races - whatever the imagination can conjure.

So far, the city has a few playgrounds that use these new-age,

or retro, ideas of play structures. In the East Village, there are two play structures that currently incorporate natural elements along with traditional modern elements. And in Haysboro, the

community opted to build one itself.

"Our play structure had the traditional large metal five to 12-year-old target play pieces - what it didn't have was pieces for zero to five

year-olds, and the older genera- sticks, finding logs and rocks tion," said Sonja Sahlen. She led a committee in her neighbourhood to seek out a play structure

fit for Haysboro's needs.

She said what she noticed was that she and her kids had more opportunities to socialize when they were engrossed in play usually at locales like Fish Creek,

> but traditional playgrounds just weren't working for them.

> > "Because our

kids were more engaged, they would be throwing rocks and playing with

to jump on," Sahlen said. "At playgrounds the sightlines are difficult, they're hot, there weren't many trees, and they just didn't work very well."

And that's why she was drawn towards natural playgrounds. She said it helps build community, get kids into nature and a different type of play to her area.

The city's two "pilot project" parks are undergoing community engagement, with Mills park already through the design workshop process, and another engagement planned in June for the Confederation Park playground. Feedback is still happening online.

England said the city is hopeful to get their two natural playground locales up and running for summer 2017 in time to celebrate Canada day.

Why natural play spaces? The city said it's considering these types of spaces for two locales - and more if they warrant it - because Canadian kids need

to get outdoors more. According to last year's participACTION report card, the whole country gets a D- grade on physical activity.

So, with that in mind, the city is working with a \$160,000 grant from the Foundation to conduct research with Calgary parents, and create evidence-based programs to build play infrastructure in the city.

For more information search natural play space on Calgary.ca.



De Grood suffered from psychosis: Crown



Lucie Edwardson Metro | Calgary

The crown prosecutor in the Matthew de Grood murder trial said based on the evidence presented he would agree with the accused's counsel in saying de Grood is not criminally responsible (NCR) for the murders of five young Calgarians.

De Grood faces five counts of first-degree murder for the

house-party stabbings of the Brentwood five: Jordan Segura, Josh Hunter, Kaiti Perras, Lawrence Hong and Zackariah Rathwell.

During closing statements, Crown prosecutor Neil Wiberg agreed de Grood shouldn't be found criminally responsible, given the evidence presented by the expert witnesses.

Wiberg said although the murders were done "with brutality and ruthless efficiency," he agreed de Grood had suffered a psychotic episode.

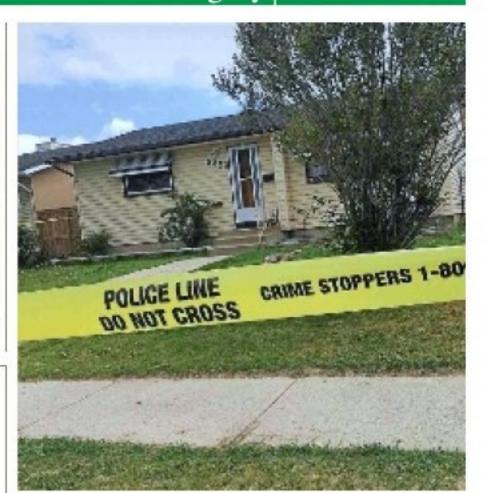
"I also agree that the accused was incapable of realizing his acts were morally wrong," he

Wiberg said he trusted the experts and agreed they'd looked at all alternatives. as well as noted they didn't change their opinions upon cross-examination.

Last week in court, de Grood's defence lawyer Allan Fay entered an NCR defence on behalf of his client, arguing de Grood suffered a psychotic episode at the time of the stabbings and wasn't able to understand what he was doing was morally wrong.

On Tuesday, Fay summarized the testimonies of three independent expert witnesses, two psychiatrists and one psychologist, each of whom conducted extensive interviews of de Grood, heard by court last week.

The judge will deliver his verdict Wednesday at 10 a.m.



Police were called to the 6900 block of Rundlehorn Drive N.E., arresting a man in connection with a suspected shooting death.

Shooting suspect in custody

CRIME

Police believe woman killed in domestic dispute



Jeremy Simes For Metro | Calgary

Calgary police say the man arrested in connection with a suspected shooting death was known to them, though they hadn't been called to the home for domestic reasons in the past.

At around 12:15 a.m. on Tuesday, officers responded to multiple calls of shots being fired at a residence in the 6900 block of Rundlehorn Drive N.E.

When police arrived, officers found the body of a woman in her 30s and an injured 15-year-old girl. The teen was taken to hospital, where she remains in non-life-threatening condition.

A short while later, a patrol vehicle spotted the suspect in a vehicle in the 4000 block of Whitehorn Drive N.E. The suspect fired a weapon from his vehicle before pulling over.

Duty Insp. Joel Matthews said the man fired a single shot in the air before dropping his firearm and surrendering it, adding police then took him into custody without incident.

Some neighbours said the family was pleasant to be around.

"They were awesome people," said next-door neighbour Leanne Blake. "They were always cheerful, playing with the kids."

However, neighbour Colleen Lalonde said her husband ended his friendship last year with the man after they had an altercation.

"They were friends, and everything was cool," Lalonde said. "They were having a beer, then all of sudden the guy started screaming at him. He tried to be friends with my husband again, but he was like, 'No thanks.'"

Two children, an 11-year-old girl and a three-year-old boy, were located in the vehicle. Both were uninjured and are currently in police custody.

Matthews said the 15-yearold girl will receive the support she needs once she leaves the hospital but couldn't say what's next for the family.

Matthews said the suspect's name will be released after he's charged.

Meanwhile, an autopsy on the victim is currently being conducted.

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Fire crews defeat pub blaze

Calgary fire crews were called to a pub at the 100 block of 94 Avenue SE Tuesday morning for reports of a fire.

The call to 911 was made by the alarm company because detectors and sprinklers in the building had been activated.

Firefighters quickly forced entry into the business and launched an aggressive attack, bringing the fire under control. Damage within the pub was concentrated to the kitchen area with smoke damage throughout. No nearby businesses suffered any damage.

Nobody was in the pub when fire crews arrived and no injuries were reported.

A fire investigator was on scene Tuesday to determine the exact cause of the fire. METRO

Routine stop finds narcotics

A 49-year-old Okotoks woman is facing charges after a traffic stop in the town last Friday led officers to a stash of crack cocaine.

At approximately 8:30 p.m., Okotoks RCMP stopped a vehicle that was speeding. A search of the vehicle revealed 25 grams of crack cocaine, a small amount of marijuana, scales and other paraphernalia. Also, close to \$2,000 in cash was seized as proceeds of crime.

Lori Dodds faces one count of possession of drugs for the purpose of trafficking, one count of possession of a controlled substance and one count of possession of property obtained by crime.

She is scheduled to appear in court on July 15, 2016. METRO



Josh Muller noticed deli meat coated in a strange substance tied to a tree near his home. Police are investigating. CONTRIBUTED

Dog owners on edge after alleged poisoning

KILLARNEY

Police called in to investigate two separate incidents



Helen Pike Metro Calgary

Dog owners in Killarney are keeping pooch on a tight leash after reports of arsenic-tainted meat tied to a tree, which is alleged to have killed a dog.

The Facebook photograph, originally shared on May 22, has garnered more than 7,500 shares, alleging the meat looked to be laced with the chemical, and a nearby dog had been sick

and died.

Police were called to the area after two separate complaints. One complainant alleged a dog died after being poisoned, the other related to the tainted piece

The suspicious piece of meat was near Josh Muller's home, in a green area where he and his wife Regan Kennedy normally walk their dog, Jade.

"I saw her pick up something, so I yelled at her to drop it," Muller said. "Because it was attached to a string that was attached to a tree, it was pulled out of her mouth."

At first, Muller thought there was a balloon attached to the tree, but when he looked closer, he saw a piece of meat with orange powder on it - and that's when he called police.

I saw my dog Jade pick up something, so I yelled at her to drop it.

Josh Muller

Calgary police said they're investigating, with help from the Humane Society. They're not sure if the two incidents are linked.

Someone called police May 22 after a dog was reported dead. According to police, the dog had been sick for at least two weeks before dying. A necropsy is planned for sometime this week to determine the cause of death.

Muller also called police after finding the tied meat. It's currently being examined and tested by police, who said it might take up to two weeks to determine if it was laced.

"It's disturbing," Muller said. "I come across it on Facebook, that something like this happens ... it's kind of crazy when it's that close."

He warned his dog-owning neighbour about the incident, asking if he had seen anything suspicious. That's when Muller found out Nantuk, one of his neighbours' dogs, was sick.

"It's good to have that kind of awareness," Muller said. His wife had been hoping to warn owners with her post online.

"Even if it is just some weirdo tying meat covered in cheese to trees, it's still kind of a weird thing to do, and something to keep an eye on."

Carbon tax bill tabled

Alberta has put forward legislation to implement its multibillion-dollar carbon levy, with new estimates hiking the cost to families to as much as \$443 next year.

Opponents, however, estimate it will be about double

Environment Minister Shannon Phillips introduced Bill 20 for first reading in the legislature Tuesday.

She said the levy will provide an incentive to go green and will be reduced as Alberta becomes more environmentally friendly.

Notley also noted with lower and middle-income Albertans getting rebates, there is a greater chance some of them will see a net monetary gain.

"The lowest-income folks are the lowest users of energy," Phillips said. "They're actually going to come out ahead."

Bill 20 implements some of the initiatives announced last November by Phillips and Premier Rachel Notley to reduce Alberta's carbon footprint and to give it more environmental credibility when it pitches for oil and gas infrastructure like pipelines.

The bill sets out details of the carbon levy, which takes effect Jan 1 and will tax home and business heating bills along with gas at the pumps. THE CANADIAN PRESS

The estimated direct cost of the Bill 20 carbon levy to a couple with two children. The bottom 60 per cent of households will be eligible for a \$360





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ROCKY RIDGE ROYAL OAK

Bumper sticker pilot program could help all communities



If you're the type of cautious driver who always goes the posted speed limit, a community association in the northwest would like to invite you over.

Rocky Ridge Royal Oak Community Association is about to roll out a community pace car program with an aim to keep traffic moving at the speed

Ali Oonwala, vice-president

of the association, said many residents have already registered for the program, and mailouts have gone to every residence in the community.

"Basically it's going to be in full gear come the summer," said Oonwala.

The pace car program has been used successfully in communities across Canada. Drivers pledge to drive cautiously and at the posted speed limit or to conditions - all the time.

They also have bumper stickers and rear-window stickers to let lead-footed drivers know why they're driving in such a reasonable way.

"We've got all our own stickers made up specific to the community," said Oonwala.

The program is a local pilot, but Coun. Ward Sutherland said if it's successful, the stickers can easily be customized to any community in the city.

"There's been lots of interest in the program in general, but we wanted to run it in one community first," said Sutherland.

"Lots of people are already interested because it's about people taking action instead of just criticizing and wanting enforce-

He said part of the program is just about raising awareness, so people will understand what the stickers mean when they see them.

"They found in research that when you had people coming along and they're speeding, and then they see a car in front of them with the sticker, they'll say, 'Yeah, I shouldn't be zipping by this person.'

"It actually affects other people's behaviour."

Sutherland said the pilot won't just be based on anecdotal evidence. They've already partnered with the city and CPS to record observations

about speeding prior to the pilot launch. They'll gather more data in the fall.

A spokesperson for Calgary Police Service said the force is supportive of the project. Officers will be in attendance for kickoffwhich happens this Saturday at 4 p.m. at the Rocky Ridge Retirement Community, or at The Cyclepath in Royal Oak Plaza.



Calgary

COMMUNITY

PACE CAR

WWW.REDCA.ORG

Rocky Ridge Royal **Oak Community** Association hopes to raise awareness about the meaning of the pace car bumper stickers it's rolling out. COURTESY ALI OONWALA



They see a car in front with the sticker, they'll say, 'Yeah, I shouldn't be zipping by this person.'

Coun. Ward Sutherland

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Aesthetics Today

Skinp ssible

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Is there a non-surgical alternative to liposuction?

Summer! It's almost here! When that warm sunny weather arrives will a stubborn pocket of fat be affecting your wardrobe choices? Why not ditch the spare tire and get rid of the fat clothes? Yes, it is possible to say goodbye to those bulges without diet, without exercise, and without surgery!

Many people have stubborn pockets of fat that simply do not respond to diet or exercise. Until recently surgery was the only option. Now there is a non-surgical option that has become so popular it's quickly becoming a household name. It's a medical treatment known as CoolSculpting.

The technology behind CoolSculpting was born in the 1970's from the simple observation that children who were eating a lot of Popsicles were developing dimples in their cheeks where dimples had not previously existed. It was also observed that women riding horses in the winter were reporting fat loss on their inner thighs. Research determined that when fat is exposed to extreme cold for a specific period of time it will freeze, while other tissue remains unharmed. Now, that called for some further investigation! Surely this phenomenon could be put to good use!

CoolSculpting is clinically proven to freeze away fat!

Research that was done at Harvard Medical School determined that when fat cells are frozen they crystallize and undergo apoptosis. What this means in layman's terms is that the cold exposure causes the cells to die much the same as they would from natural old-age. The difference is that when cells die of old-age they replicate themselves before they pass away. In this case there is no time to replicate. After the treatment the crystallized fat cells clear gradually through the body's natural physiological processes. Most people start

noticing a difference at about the four week mark. At eight weeks the results are usually undeniable, and results continue to improve for four months.

Those fat cells are gone for good.

CoolSculpting works well, achieving results that are comparable to liposuction, but without the risks, discomfort or downtime of surgery. This revolutionary fat freezing procedure is a clinically proven alternative to liposuction that can reduce localized pockets of fat. CoolSculpting is most often used to target fat on the abdomen, the outer thighs, and the flanks. Other areas that patients commonly seek out include back fat, man-boobs, inner thighs, arms and double chins. In most cases only one treatment is required, although patients looking to debulk may require a second round.

There are other CoolSculpting providers so why choose Skinpossible?

Because we have performed over 3,000 of these treatments to date and all of our technicians have attended CoolSculpting University. CoolSculpting works and correct placement of the applicators is imperative for best results. Skinpossible is the only clinic in Alberta to have three machines. What that means is that we can treat one, two or three areas of the body at the same time! This saves our patients valuable time.

Our Chaparral Valley location is easy to get to from anywhere in the city via Macleod, Deerfoot and Stoney Trail. Parking is free and plentiful. Evening and Saturday appointments are available. If you would like to know more about CoolSculpting, call and book your free assessment today.

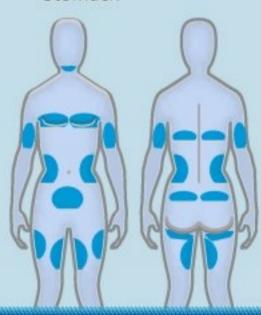




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An important message from the Tragically Hip

Lead vocalist diagnosed with terminal brain cancer



Aaron Chatha Metro | Calgary

Despite having seen The Tragically Hip in concert six times, Calgary super-fan Logan Krupa can recall his favourite moment fully and completely - and without hesitation.

Two years ago, thousands filed into Shaw Millennium Park. The rain poured down onto the huddled, but lively masses.

Then the band plucked the familiar notes of Nautical Disaster.

"The stage lights were rotating as if they were spotlights from a lighthouse," recalled Krupa.

Band, The Hip revealed that frontman Gord Downie has been diagnosed with terminal brain cancer.

"This feels like the right thing to do now, for Gord, and for all of us," read a statement online. "So, we're going to dig deep, and try to make this our best tour yet."

Since the news broke. there has been an outpouring of support for Downie on social media.

"For a certain generation of Canadians, the Tragically Hip really are the arch-Canadian band," said MRU media and culture professor Richard Sutherland.

He said it's important in music and cultural industries to create personal connections. As a result, people feel very strongly when tragedies occur to figures that are important to them - a reaction that isn't so strong for, say, world events.

"We react to individual people," he explained. "Even with the refugee crisis in the Middle East in the summer.



In a statement posted to their website Tuesday, the band revealed their frontman's diagnosis. THE CANADIAN PRESS

This feels like the right thing to do now, for Gord, and for all of us. The Tragically Hip

"With the rain falling — it was just magical."

Now the poets are back for one last hurrah. In a web post on Tuesday, titled An Important Message from the

it was only after the image of this one kid, this one little boy washed up on shore that suddenly focused the attention."

In Downie's case, he repre-

sents a very Canadian appeal that's also very generational.

"Their music reminds me of those years in high school, hanging out with my friends and listening to them in the car," said Melaina Slater, who saw them perform in 1995.

"He told the story of Canada in his lyrics," said fan Nigel Reid. "I travel a lot. No matter where I am in the world, he always brought me back home."

SOCIAL SUPPORT FANS TAKE TO TWITTER

@AmyEntropy: Fort McMurray concert, 2007. Gord saved a kid in audience kicked in head by crowd surfer, told us to take care of our kids.

@juniper_gal: I'm quite struck by the news about Gord Downie. #TheHip have just always been a part of my landscape. Those lyrics helped shape me. #courage.

@mmastrac: Terrible news about Gord Downie. Tragically Hip were a big musical influence on me in my younger days. Queuing up the playlists today. TWITTER **CANADIAN TOUR**

Downie readies for road

Tragically Hip frontman Gord Downie is determined to "blow people's minds" with a raucous Canadian tour in the wake of learning he has an incurable brain cancer, his managers said : Tuesday.

Band managers Patrick Sambrook and Bernie Breen said doctors have cleared the 52-year-old father of four to hit the road following surgery and treatment for glioblastoma - the most common and aggressive type of tumour to start in the brain.

The details of the tour are set to be announced Wednesday.

Dr. James Perry, head of neurology at the Sunnybrook Health Sciences Centre, said it was "too early" to offer a prognosis but said the case is especially receptive to treatment, suggesting "a significantly higher chance of longer-term survival."

But the physician also said Downie's tumour, found in his front left temporal lobe, is impossible to completely remove by surgery and frequently recurs.

"Unfortunately, one day it will come back," said Perry.

Downie was diagnosed in December after suffering a seizure. Surgery removed the bulk of the tumour, while six weeks of radiation and chemotherapy completed about a month and a half ago - have reduced it even further.

Perry didn't anticipate any medical issues in the short term, but said "medical contingencies" will be in place throughout the tour. He emphasized that Downie will need to avoid fatigue while on stage. THE CANADIAN PRESS



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U.S., South African crews join fire fight

Work camps being checked for possible reopening

Fire crews from around the world will join the fight this week against the massive wildfire burning near Fort McMurray.

Senior wildlife manager Chad Morrison said up to 1,000 firefighters will be added to 1,200 already on the ground. About 200 from the United States, including Alaska, are to arrive Wednesday and 280 from South Africa on Sunday.

"Being a little bit cooler, we're able to surge with more firefighters that we can put on the perimeter safely," Morrison told reporters Tuesday.

There was a disappointing

"touch of rain" in the area over the long weekend, he added, and the forecast is not calling for any in the coming days.

However, the fire was continuing to move northeast, further away from communities and oilsands facilities in northern Alberta.

Alberta Municipal Affairs Minister Danielle Larivee said work camps that were evacuated are being inspected for possible reopening, and oilsands

companies are looking at when they can resume operations.

The blaze, which has grown to about 5,230 square kilometres - with 25 square kilometres in Saskatchewan spread into Fort McMurray on May 3, sending more than 80,000 people fleeing for safety.

It destroyed about 2,400 buildings in the city. Officials are gearing up for a phased re-entry of residents beginning June 1, if conditions are

deemed safe.

Scott Long with the Alberta Emergency Management Agency said every home still standing will need to be cleaned, and a handbook with detailed instructions will be made available to residents.

It includes advice on washing walls with vinegar instead of bleach, how to avoid mould by tossing out stained carpets and curtains, throwing away all perishable food and disin-

fecting canned goods before opening them.

Larivee said some details of the re-entry process are still being worked out, but counsellors and other supports will be on hand for residents.

"The hope is that we can work with them to, in some ways, be even better than before this fire, to help them be a healthy community again," Larivee said.

THE CANADIAN PRESS



Companies are prepping to bring oilsands facilities back online after shutting down due to wildfire threats. THE CANADIAN PRESS

OIL PROJECTS

Athabasca, Syncrude bring back workers

Alberta oilsands workers forced to flee the ferocious Fort McMurray wildfire are returning to begin the tricky process of restarting their projects in northern Alberta.

Provincial emergency officials said the Fort McMurray wildfire had grown to 523,000 hectares, almost the size of Prince Edward Island, and was still out of control but moving farther east and northeast away from the city and industrial operations.

A similar move to repopulate the projects a week ago was stymied when the fire suddenly changed direction to again threaten industry and force about 8,000 workers to flee work camps.

Syncrude Canada spokesman Will Gibson said Tuesday that his company has adopted a comprehensive evacuation plan in case that happens again.

"We're making significant progress on our safe return to operations plan, and details of when we'll resume production will be available at a later date," he said.

Analysts estimate more than one million barrels per day of oilsands production — nearly half their capacity of 2.5 million barrels per day - were offline at times over the past three weeks as the wildfire

forced staff evacuations and the precautionary shutdown of inbound and outbound pipelines. None of the projects has reported substantial damage.

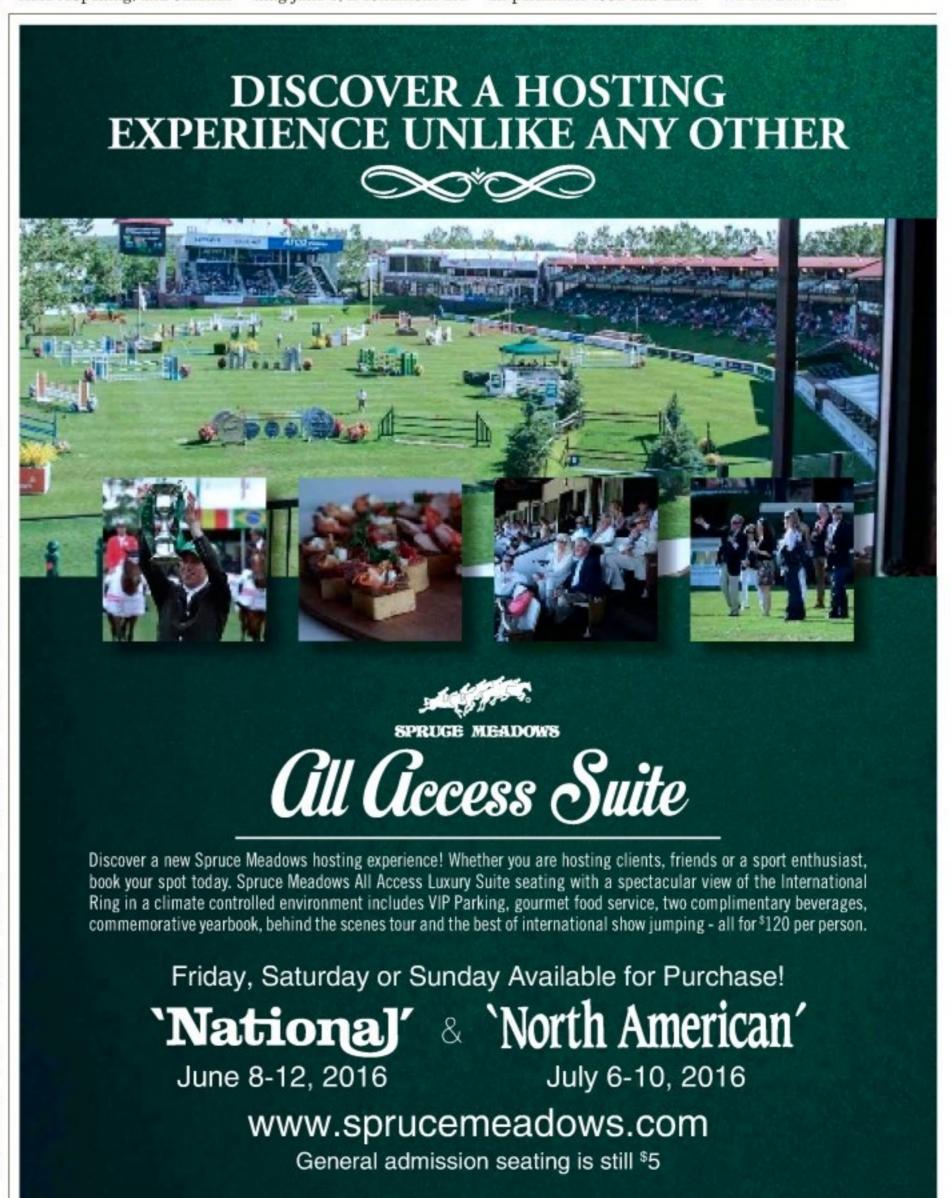
Athabasca Oil said Tuesday that it has resumed operations at its Hangingstone project. It said the facility did not suffer any damage from wildfires that crept to within a few kilometres, forcing staff to scramble to safety three weeks ago.

Meanwhile, Suncor Energy continued to bring workers back to its oilsands mining and thermal projects north of Fort McMurray after emergency officials lifted evacuation orders on the weekend.

Suncor's mining operations have a capacity of about 250,000 barrels a day but had been reduced by about twothirds by a maintenance turnaround in its upgrader when the fire broke out. That work will have to be completed before the upgrader output returns to normal.

Suncor's Firebag and Mackay River thermal operations, which were also closed, have combined capacity of about 235,000 barrels per day. Syncrude has capacity of 350,000 barrels per day at its upgrader and Mildred Lake and Aurora mines.

THE CANADIAN PRESS



Saviours meet their saved

FIRST RESPONDERS

Paramedics meet-andgreet patients they rescued



Jeremy Simes For Metro | Calgary

After waiting four years, Curtis Gagne got to meet the man who saved his life.

On Tuesday, Gagne - who was T-boned on Highway 2A outside of Crossfield - met Paramedic Jarrod Ham, who acted quickly to let oxygen recirculate through Gagne's body.

Gagne had serious injuries to his head, Ham said, adding his jaw was also locked, meaning oxygen wasn't entering his system.

"It was one of those situations where it was like, this could go either way," Ham recalled. "A lot of times it doesn't turn out in a positive manner, for sure."

Ham paralyzed Gagne to relax his jaw.

He then oxygenated him to



Paramedic Jarrod Ham and former patient Curtis Gagne reunited Tuesday, after Ham saved his life four years ago. JEREMY SIMES/FOR METRO

mitigate brain damage.

During the meet-and-greet, Curtis - who has suffered some brain damage but is progressing - read a handwritten letter to thank Ham for saving his life.

"It may not be the most glamorous (job), but it is the most important," he read. "I am alive because of you."

Also in attendance was Colleen Evans, who was rushed to hospital by paramedic Kristy Gal and EMT Bob Sornberger after undergoing cardiac arrest in a Sunalta convenience store in April.

"Glad to see you're well," said Gal, after she and Evans embraced.



It was one of those situations where it was like. this could go either way.

Jarrod Ham

"I'm aware I yelled at you," Evans replied, chuckling. "Which I apologize for - I'm not a veller.

"When I look back, it was an amazing experience. You guys helped get me through it."

Darlene said she was given the paramedics' names two years ago.

"Curtis asked me to contact them and somehow I let it slip," she said. "But I am so thankful we're doing it now. They value life."

Ham said it's "incredibly gratifying" to see patients re-

"The problem is that we just get sound bites of patients," he said. "We see them at their worst ... and it's incredibly gratifying to see that kind of progress, especially for someone like Curtis."

Education advocates honoured



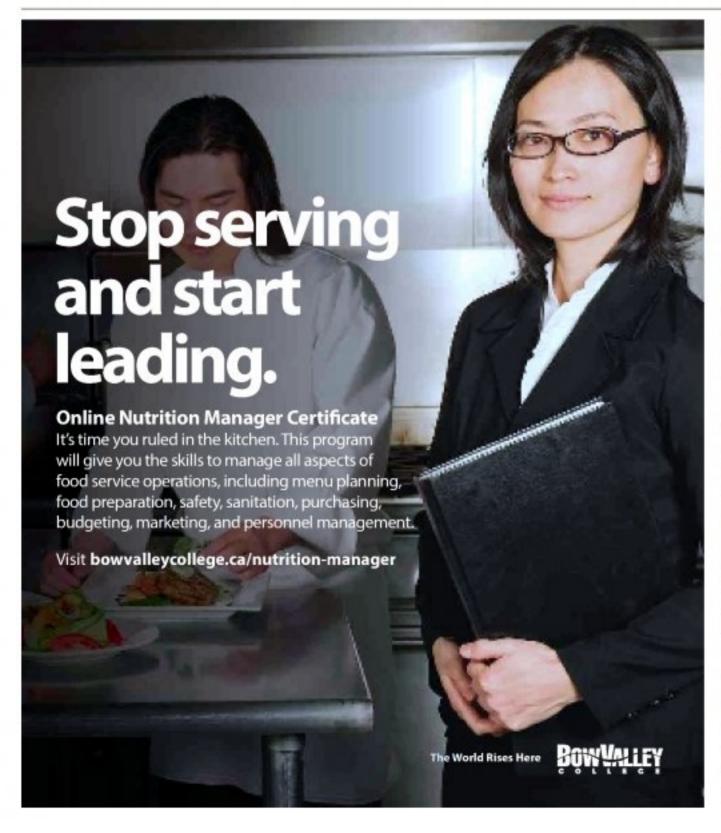
Support our Students (SOS) Alberta has come a long way since last year's provincial election.

Now they've been officially awarded the Alberta Teachers' Association's 2016 Public Education Award.

The education advocacy group originally started with the goal of making education an election issue. They uploaded an informative video online, which quickly went viral.

"What Alberta schools look like today,' had a huge impact in making that an issue that was debated during the election," said SOS advocate Barbara Silva.

After they succeeded in their goal, the group decided to continue advocating for accessible education. They've continued efforts online with a video series about classroom overcrowding and a social media initiative.







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Truck enthusiasts to clean up community

BACK COUNTRY

Drivers plan to repair trails and haul trash left behind



Devin Rochon says people who like to off-road get a bad rap for damage done in the back country.

This weekend he intends to counter that claim as he and about 30 others head onto the trails around McLean Creek for a clean-up day.

"We do it twice a year and we make sure our playground is neat and tidy," said Rochon, who owns a modified 92 Toyota 4Runner

"It's basically built for overland — which is exploration.



Devin Rochon and about 30 others are hosting a clean-up in McLean Creek this coming Saturday, BRODIE THOMAS / METRO

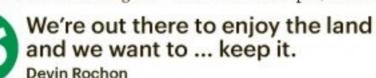
It's built to go as far as you can and have a good time camping."

Rochon said the serious truck enthusiasts in Southern Alberta are using decommissioned logging roads, sticking to trails, and they're packing out their garbage.

"The trail is already there —

we're not making the trail," he

said. "We're out there using the



system that the government has given us to use, as hobbyists, on Crown land."

He said the problem he's seeing is people who go out once a year with a wreck to "blow

That's why he and other serious off-roaders are doing the twice-a-year clean-ups.

He said officials with Fish and Wildlife will be along for the May 28 event. Aside from picking up trash, they'll also be making trail repairs.

"Anyone who has wrecked signage or has damaged the trail - we basically go and fix it," said Rochon.

They'll also do willow staking, which helps prevent erosion along the riverbanks.

"We're out there to enjoy the land and we want to make sure that we keep it," he said.

And best of all, there's 133 free

Atwood, Naomi Klein, and faculty-hosted talks and events like walking tours of Calgary.

to bring together more than 70 academic associations all holding their conferences at the same time," said professor Bart Beaty, the academic convenor for Con-

"We try to bring in people that

Gathering offers up over 100 events



Helen Pike Metro Calgary

Are you ready to expand your mind? Learn a little, and be

around some big thinkers? Get ready for Congress 2016.

The monstrous event has been dubbed the "academic Olympics" in the past, and we can see why. It's like the ComicCon of academia - except instead of cosplay there will be over 5,000 research papers presented. The festivities run from May 28 to June 2.

events to draw average Calgarians to the U of C. Those include big name speakers like Margaret

"The idea of congress is really

will appeal to scholars working in different areas...as well as

people in the public to try and impress on people the value of research that's being done in the humanities and social sciences and how it can benefit Calgarians."

If you haven't heard enough of your Mayor Naheed Nenshi, or even some councillors like Coun. Evan Woolley, they will be on hand as keynote speakers.

It's not all about the lecturers, each session is booked for about an hour, with a 25 minute talk and the bulk of the session for questions.

For more information visit congress2016.ca.



BRAIN FOOD

Over 8,000 researchers will gather at the U of C, making this event the largest academic gathering in Canada. Congress is in its 85th year and is made up of 5,500 research presentations, 2,000 events, and the annual conferences of 73 academic associations.





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16 Wednesday, May 25, 2016 Canada Metr

NEWS

Threat designation 'is not reasonable'

NATIONAL SECURITY

Judge rules in favour of man feds branded a terrorist

The Canadian government's designation of an Egyptian man as a threat to national security is unreasonable, a federal court judge has ruled.

The decision in favour of Mahmoud Jaballah, a father of six, could see the end of an ordeal that first saw Canada brand him as a terrorist more than 16 years ago.

"I conclude that the security certificate filed by the minister is not reasonable and will be set aside," Federal Court Judge Dolores Hansen said in her decision.

"Classified reasons will also be issued and will include the information that cannot be disclosed for reasons of national security."

The public reasons for Hansen's decision were not immedi-



Mahmoud Jaballah in 2009. THE CANADIAN PRESS FILE

ately available Tuesday.

The government has long insisted that Jaballah, now 54, was a ranking member of the Vanguards of Conquest, an Egyptian group linked to al-Qaida.

His lawyers argued the government had failed to produce independent evidence that Jaballah ever committed, or would commit, terrorist acts. They also said Canada's spy agency had made no attempts to investigate or verify information about him it was given by foreign intelligence services.

A beaming Jaballah, of To-

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ronto, who came to Canada in 1995 and was initially granted refugee status, was not immediately able to comment on Hansen's ruling due to courtimposed conditions, but his lawyer, Marlys Edwardh, told The Canadian Press it had been a long and difficult ordeal.

"He has spent earlier on years in a maximum-security setting, part of it in solitary confinement ... merely because of the allegations," Edwardh said.

A spokesman for the minister of public safety said the ruling was under review and the government would have no immediate comment.

In previous years, the Canadian Security Intelligence Service admitted listening in on calls between Jaballah and his lawyers, and, in 2011, government lawyers mistakenly took files belonging to his defence.

Jaballah has said that he was jailed without charge and tortured on several occasions in Egypt. He staved off deportation to Egypt on the basis he would likely be tortured there. THE CANADIAN PRESS



Prime Minister Justin Trudeau speaks with Japanese Emperor Akihito as Sophie Gregoire Trudeau speaks with Empress Michiko. THE CANADIAN PRESS

ANNIVERSARY

Trudeaus' micro-vacation abroad

When Prime Minister Justin Trudeau announced that he and his wife Sophie Grégoire-Trudeau would take Wednesday off to celebrate their wedding anniversary during a visit to Japan, critics immediately jumped on the micro-vacation as another example of Liberal entitlement.

"I'll see your hubbub about nannies and extra help and raise you an anniversary abroad. Bold," Andrew MacDougall, a former communications director for Stephen Harper, quipped on Twitter.

Trudeau, whose office won't say how many staff he has in tow, defended the prime ministerial down time during the four-day Japan trip, calling it an example of "the kind of work-life balance that I've often talked about as being essential in order to be able to be in service of the country with all one's very best and that's certainly something I'm going to continue to make sure we do."

The couple were to spend the

=rave.ca

night at a traditional Japanese inn before Trudeau heads to the G7 summit on Thursday in the country's Ise-Shima region. Trudeau said he'd personally pay for their anniversary night out.

The Trudeaus' 11th anniversary hiatus calls to mind a different age when prime ministerial down days were a regular occurrence.

Former prime minister Pierre Trudeau often took one or more of his boys with him when he



App Store



The Trudeaus were greeted by an honour guard when they arrived on Tuesday. THE CANADIAN PRESS

fraught with criticism

travelled abroad in the 1970s and early '80s.

Patrick Gossage, a former press secretary to Pierre Trudeau, recalls the prime minister disappearing for a three-day vacation after the 1978 Bonn summit.

Brian Mulroney, who followed the elder Trudeau in office, largely escaped the travel controversies of his predecessor, sticking to business while abroad even if the pre-Internet media pace was less punishing.

Hugh Segal, Mulroney's former chief of staff, says there's been a change in workplace "ethos" that reflects both the mix of work and play favoured by the millennial generation and changes in information technology.

"Frankly, because people are digitally connected, most Canadians know that when they're on holiday, they're actually still connected to their work," Segal said in an interview.

THE CANADIAN PRESS

Military more likely to seek help: Study

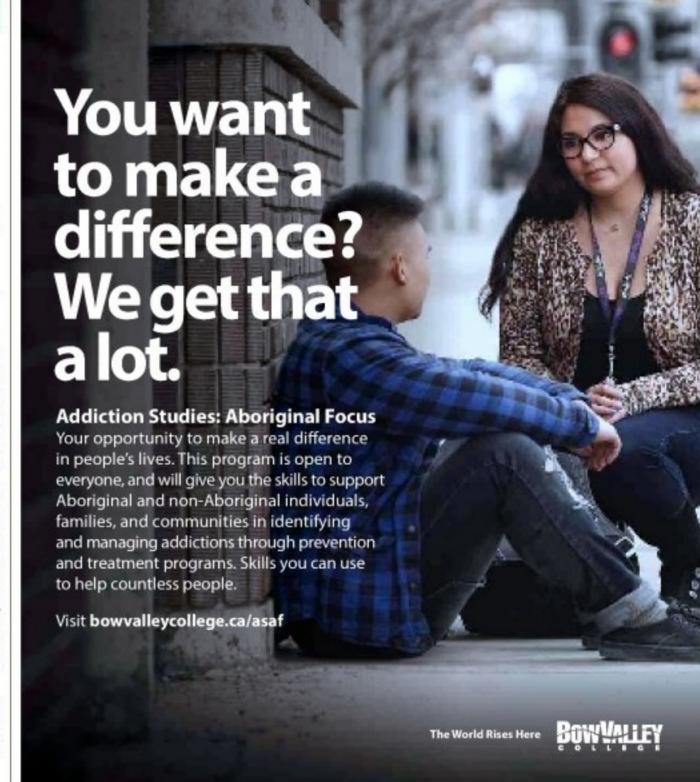


Elisha Dacey Metro | Winnipeg

A new study says Canadian military personnel have more suicidal thoughts and more suicide attempts than their civilian counterparts — but they're also more likely to seek help.

The research, published in the Canadian Medical Association Journal and co-authored by Dr. Jitender Sareen of the University of Manitoba, shows that people in the Canadian Armed Forces (CAF) had a "32 per cent increased odds of thinking about suicide, and 64 per cent increased odds of planning suicide than the civilian group."

The researchers looked at four nationally representative surveys from 2002 and in 2012-13 to come up with their data.





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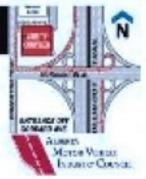
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Bombings leave 160 dead

TERROR ATTACKS

Shock, fear in Syrian government bastions

Convoys of coffins streamed through the streets and mourners fired guns in the air Tuesday as two Syrian coastal towns government strongholds that had gone relatively untouched throughout the civil war - reeled from co-ordinated bombings that killed more than 160 people.

Residents of one of the towns, Jableh, described a day of horror as explosions went off in quick succession only a few metres apart, tearing through civilian crowds - then hitting the hospital emergency room where many of the wounded were taken.

"It is really incomprehensible why this happened," said Mohammed Mohammed, a 29-year-old media activist, speaking by phone from Jableh, where more than 120 people were killed, according to residents and activists. "The number of those killed is unreal."

Altogether, nine bombings hit Jableh and the nearby city of Tartus on Monday, most of them by suicide attackers. The blasts shattered the sense of safety that residents have long enjoyed, living in the Mediterranean coastal enclave that is the strongest bastion of support for President Bashar Assad.

Isolated behind mountain ranges along the coast and under heavy military pro-



Flames billow at the scene of multiple bombings in the city of Tartus, northwest of Damascus, in this photo released Monday by the official Syrian Arab News Agency, SANA/AFP/GETTY IMAGES

tection, the region has been spared the physical devastation wreaked on much of the rest of Syria, where entire districts in some cities have been destroyed in fighting. For the past five years, residents have felt the war mainly through loved ones who died in Assad's forces on frontlines elsewhere - or through the thousands who have fled here from fighting.

Monday's bombings, claimed by Daesh, were the first major security breach, bringing the bloodshed to them directly



It is really incomprehensible why this happened. The number of those killed is unreal.

Mohammed, a media activist

with blasts hitting bus stations, a gas station and the hospital.

In Jableh, a sleepy town on the Mediterranean, funeral after funeral marched through streets emptied of shoppers and commuters, with schools and shops closed, said Mohammed, who runs a Facebook page called Jableh News Network.

"The town is shrouded in black," he said.

Among those killed in the blast at Jableh's bus station were four children from the Hammouda family, aged between four and 14. Mohammed had just returned from their funeral.

He said the children's moth-

er, wounded in the blast, had just been declared dead at the hospital. The children's father, Mazen Hammouda, was a soldier in the Syrian army and died fighting only months ago.

Mohammed said his own father narrowly escaped death. He had been going to meet a friend at the bus station but was delayed by a flat tire. His father's friend, a retired army general who lost his son in the war a few years ago, was killed in the blast.

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THE ASSOCIATED PRESS

RESTORATION PROJECTS

Rome seeking sponsors

Friends, Romans, countrymen! Oh yes, and countrywomen. And people in far-flung nations. Everyone, basically. Rome is seeking all the sponsors it can find to fund the monumental job of restoring and maintaining its hundreds of fountains, statues, archaeological sites and historic palazzos.

Perennially short of funds to properly care for the sprawling, two-millennia legacy of art and history, city officials on Tuesday offered their thanks to corporate sponsors of ambitious restoration projects.

Among them are luxury goods companies Fendi, which has been sponsoring work to restore splendor to several famed fountains, including a tourist favourite, Trevi, from the ravages of pollution and pigeons; and Bulgari, which is sponsoring restoration of the Spanish Steps in the heart of Rome's most chic shopping district.

Officials said the nation of Azerbaijan has helped to restore a room of the Capitoline Museums, while lighting that has made the boulevard flanking the Imperial Forums a popular romantic evening stroll was paid for by Unilever and Acea, a utility company.

But Rome is hungry for more such generosity, corporate and otherwise. On Tuesday, officials launched the "100 proposals for patrons" campaign listing projects they hope sponsors including rank-and-file citizens — will step forward to "adopt."

THE ASSOCIATED PRESS

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Wednesday, May 25, 2016 19

Blast downed plane: Expert

MEDITERRANEAN SEA

Body parts from EgyptAir flight show signs of burns

Body parts recovered from the crash of EgyptAir Flight 804 showed signs of burns and were so small that they suggested the jet was brought down by an explosion, a member of the team examining the remains said Tuesday. But the idea of a blast was promptly dismissed by the head of Egypt's forensic agency as "baseless" speculation.

The cause of the crash of the EgyptAir jet flying from Paris

to Cairo that killed 66 people aboard still has not been determined. Ships and planes from Egypt, Greece, France, the U.S. and other nations are searching the Mediter-

ranean Sea north of the Egyptian port of Alexandria for the jet's voice and flight data recorders, as well as more bodies and parts of the aircraft.

Egypt's civil-aviation minister has said he believes terrorism is a more likely explanation than equipment failure or some other catastrophic event. But no hard evidence has emerged on the cause, and no militant group has claimed to have downed the jet. Leaked flight data indicated a sensor detected smoke in a lavatory and a fault in two of the plane's cockpit windows. An Egyptian forensic team

was examining the remains of the victims for any traces of explosives, according to a team member and a second official, both speaking on condition of anonymity because they were not authorized to talk to repor-

The team member said the fact that all 80 body parts recovered so far were very small and that some showed signs of burns suggested an explosion.

But Hisham Abdel-Hamid, head of the Egyptian government's forensic agency, dismissed the suggestion, telling the state-run MENA news agency: "Whatever has been published is baseless and mere assumptions."

France's aviation accident investigation agency would not comment on anything involving the bodies or say whether any information has surfaced to indicate an ex-

The logical

explanation is

that an explosion

brought it down.

Egyptian forensic official

Other experts were divided on whether the state of the remains necessarily suggested an explosion.

Philip Butterworth-Hayes, an aviation systems expert, said such damage was unlikely if the plane was intact when it hit the water.

"Normally an impact is not going to do that to a human body in a seat belt," he said, adding that in some aircraft that hit the water, bodies are found relatively intact. THE ASSOCIATED PRESS



Chelsea Flower Show, GETTY IMAGES



Monday, AFP/GETTY IMAGES

Visitors flock to Chelsea Flower Show

The Chelsea Flower Show, London's legendary celebration of gardening, got underway Tuesday, continuing a tradition that started in 1913, interrupted only by wartime.

The show, organized by the Royal Horticultural Society, is not the biggest in Britain. The Hampton Court Palace Flower Show is bigger, but Chelsea is still the most prestigious.

The weather is forecast to be cloudy this year, with the odd rain shower, But sometimes, the vagaries of the English climate really does get in the way.

In 1932, the rain at the show was so severe that a summer house display fell to pieces. Another wet year an exhibitor named it "The Chelsea Shower Flow.

Whatever the weather, you

can be pretty sure there will be 157,000 visitors, which is a limit imposed since 1988 by the capacity of the site at the Royal Hospital, Chelsea.

One feature of this year's show doesn't have any actual roots and doesn't need watering. Almost 300,000 handmade poppies to hon-our the armed forces will be on display.

TORSTAR NEWS SERVICE

157K

The limit on visitors to the Chelsea Flower Show, imposed since 1988 by the capacity of the site at the Royal Hospital in Chelsea.

MIGRANT CRISIS

Greece shuts down Idomeni refugee camp

It grew to the size of a small town, becoming a symbol of Europe's closed-border policy for migrants and refugees. On Tuesday, Greek authorities began to dismantle it.

Starting at dawn, police moved more than 2,000 people out of Idomeni, the sprawling makeshift camp on the Greek-Macedonian border, and sent in bulldozers to begin erasing the tent city.

The move definitively dashed the dreams of the thousands who had camped there for months in the hope of eventually being able to reach the continent's wealthy heartland.

The refugees — many from Syria and Iraq — had stubbornly resisted government efforts to leave the site voluntarily, braving torrential rainfall and winter weather.



Refugees wait to be transferred during an evacuation operation near the village of Idomeni, Greece, on Tuesday. GETTY IMAGES

On Tuesday, they were placed on buses and taken to newly built shelters set up by the army and local authorities as the government promised to clear the site of the remaining 6,500 people over the next

More than 700 police officers were deployed in the operation. Authorities posted helicopter footage of the evacuation on the Internet, but journalists were banned from approaching the site.

Emad Hawary, a 50-yearold Syrian, fled on foot with his wife and two daughters to avoid being transported out.

*The police were everywhere, and it was quite scary," he said after seeking refuge at a nearby gas station. "We don't want to go to a shelter. It's just another field."

Hawary said the family was still determined to reach northern Europe and their son who is already in Germany.

The prospects of that are dim, however.

At its peak, when Macedonia shut its border in March, the camp housed more than 14,000, but numbers have declined as people began accepting authorities' offers of alternative places to stay. THE ASSOCIATED PRESS

she told police in 2005. the 78-year-old Cosby to stand trial on sexual-assault charges on the strength of Constand's decade-old police statement.

SEXUAL ASSAULT

Judge orders Bill Cosby to stand trial

She called him "Mr. Cosby" and considered him a trusted friend and mentor.

But 20 minutes after Bill Cosby offered her three blue pills and told her to take them with the wine he had set out, Andrea Constand's legs began to wobble "like jelly," her eyes went blurry and her head began to throb.

Cosby helped her to a couch in his living room, where she later realized he violated her as she lay helplessly in a stupor,

On Tuesday, a judge ordered

Cosby could get 10 years

in prison if convicted in the case, the only criminal charges brought against the comedian out of the barrage of allegations that he drugged and molested dozens of women over five decades. He is free on \$1-million bail.

A trial date was not immediately set.

Cosby, looking less frail than he did when he was arrested five months ago, seemed unfazed by District Judge Elizabeth McHugh's decision.

"Mr. Cosby is not guilty of any crime, and not one single fact presented by the commonwealth rebuts this truth," his lawyers said in a statement afterward.

THE ASSOCIATED PRESS



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Five advantages to buying move-in ready

You bide your time for years before you buy a home, but why should you have to wait years after that to move in? Many new home developments are now offering move-in ready homes that give home buyers the chance to move in within months or weeks of purchasing their home. If you're looking to buy a home, here's why you should consider one that's move-in ready.

Get a home that suits your lifestyle now

By the time you take possession of a new home after waiting years, who knows where you'll be in life. Maybe you'll have a job in a different location, across the city from where you had originally thought would be convenient to buy,



ISTOCK

or in a different place entirely.

Maybe your financial or family circumstances will be different, so you need one or to more or fewer rooms that you had expected. A move-in ready home lets you buy and move into a home that suits where you're at now.

See the final product before you buy

When you purchase a move-in ready home, you often actually see it before you buy.

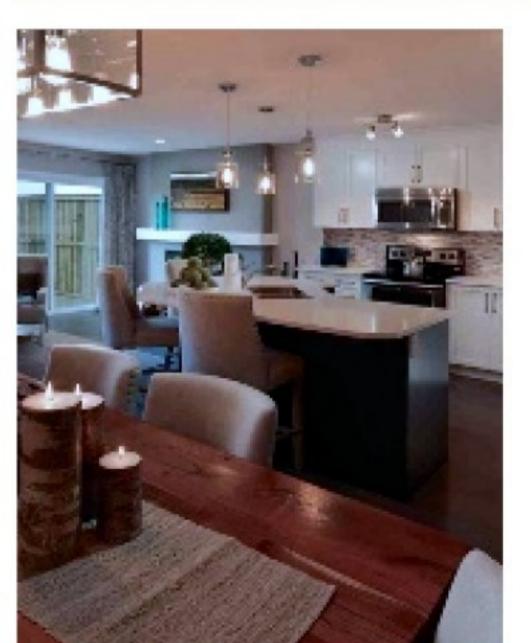
You may have the chance to walk through your actual future home, try the knobs and taps, look into cupboards, and really get a feel for whether the place is for you.

A show home just isn't the same.

Experience the neighbourhood Move-in ready homes are often available in master-planned neighbourhoods that have been founded and built up for years prior, so there's already a rich neighbourhood to take part in when you get there. With a move-in ready home you can go see the neighbourhood for yourself before you buy.

Meet your potential neighbours

If your prospective community is already established, it may have a neighbourhood association that organizes community events, consultations and workshops. If you're looking at a move-in ready home in an established community, you may be able to contact them, ask questions, attend an event and get to know the other members of the community before you take the plunge.



CONTRIBUTED

HOMES FOR EVERY STAGE OF LIFE

Everyone needs a home — the trick is finding the right one for you.

"There's something out there for home buyers at every stage of their lives. You just have to find the one that suits you best," says Lisa Kaiser, sales manager at Brookfield Residential, a Calgary home builder and land developer.

The company builds a range of beautiful homes in communities across Calgary and Alberta. Whether you're an empty nester, a snowbird, a new family or a single person buying your first place, never fear. There's something for you, says Kaiser.

"Don't rush into buying a home," she advises. "Keep your eyes open, follow the builders you like and go visit homes you're interested in."

She encourages interested home buyers to check out the move-in ready homes by Brookfield Residential, located in their masterplanned communities across the city.

"Find a couple places that seem interesting to you, take a look online at the specifications, and then pay the homes a visit," she says. "You can visit the move-in ready homes yourself, walk around, open drawers — really feel what living there might be like."

If you like the home, in many cases, you can buy it. Several of Brookfield Residential's movein ready homes are available to move into now.

And they're for everyone, whether you're looking for a townhome, a semi-detached, a single family starter or a move-up home.

Families looking for more room to grow can find it at the one-to-three bedroom semi-detached homes in the Auburn Bay and Fireside of Cochrane neighbourhoods, which include yards and no condo fees.

Fireside of Cochrane has move-up homes too. These are ideal for parents with young families that are looking for even more features and room to spread out, all in a family-oriented community. The Brookfield Residential townhomes at Mosaic Riverstone are perfect for empty nesters who are looking to downsize and leave their worries behind, with a luxurious and comfortable lock-and-leave home they can use as a jumping off point for adventure.

First-time home buyers will find something to suit their tastes and their wallet in the townhomes at The Link at Evanston, in a desirable community in Calgary's northwest.

What's your taste? Every community has its own flavour, and Brookfield Residential provides the homes to match.

Arrive to a greener future

When Hanson Mau started looking for a home in Calgary last November, he took his time.

"I was specifically looking for a townhouse," Mau recalls. "I wanted to make sure I chose the right place and I wanted to narrow my choices."

It wasn't until January 2016 when Mau, 36, decided he would buy from Partners Development Group.

His final selection was an energy efficient, two-bedroom townhome at the development ARRIVE at Evanston in Northwest Calgary.

"What stood out the most was the energy efficiency of the project," Mau says. Partners Development is certified Built Green through Built Green Canada.

"I really wanted something that was pretty air-tight and well-built, so I took a lot of time researching into just the quality of the builder," says Mau. "The reputation of Partners was one of the key factors — just knowing that if I buy a house from them, it's going to be well-built. It's not going to be rushed."

The developments green features stood out from the start.

"I liked the windows," says Mau. "They're double glazed, low-E. They let in the correct amount of sunlight to passively heat the home that way."

ARRIVE at Evanston homes are built using sustainable building practices, and have an average EnerGuide™ Rating of 80+ points and Gold BUILT GREEN® labeling.

Environmentally friendly, energy saving features include heat recovery ventilators for clean quality air, EnergyStar™ appliances, water saver faucets and toilets, and 96% high efficiency furnaces and electric water heaters.

Buyers of ARRIVE townhomes are eligible for incentives like a 10% refund on the mort-gage loan insurance program.

Other practical features also felt just right.

"The washer and dryer being on the top floor was very important to me, instead of lugging the laundry down to the basement," Mau says. "It just makes more sense for me to have it right by the bedroom."

The community and amenities make the neighbourhood a great place to call home.

"There's lots of green space and open spaces," says Mau, adding that he enjoys the convenience of the local strip malls and shopping centres. The development is just two blocks from the businesses and retail services at Evanston Towne Centre.

ARRIVE at Evanston also provides great amenities for young families, including a private, state-of-the-art playground, and onsite child care with award-winning Kids & Company. The company is providing free registration and priority enrollment for all families in the ARRIVE at Evanston community.

All residents can enjoy the outdoor gazebos — the perfect place to hold your next outdoor celebration.

ARRIVE at Evanston is also very convenient for Mau's commute. It's right by Stoney Trail, and the highway takes him straight to work in Northeast Calgary.

Mau moved into his new home in February, shortly after he bought it. Once he got there he knew right away that he had made the right choice.

"Buying the house, I don't know why I waited so long, just moving into my own place," says Mau. "It feels so good just owning my own place."



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Buy from a trusted developer

When you're buying a home, purchase from a developer you trust. Partners Development Group has a proven history of excellence in homebuilding.

Since the company was established 1998, it has grown and blossomed alongside the city, building more than 1,300 homes in numerous multi-family projects throughout Southern Alberta. Partners Development has helped build the Calgary of today.

The company has built its success on long-term relationships with buyers and lasting partnerships with trade professionals.

Partners Development Group is also progressive – the company is one of Calgary's top Certified Built Green® townhome builders.

ENJOY CITY LIVING WITH FARMLAND VIEWS

Nature is the greatest luxury. A gorgeous natural setting transforms high-end homes into exceptional homes, according to Darcey Robertson, area sales manager of StreetSide Homes, a home developer in Calgary.

"There's something incredibly relaxing about watching the prairie grasses sway in the breeze," says Robertson. "We choose our home locations and designs to provide our buyers with that sense of well-being."

Hunter House, by StreetSide, is a new multi-use development that is bringing homes with city polish into the country.

"Homes at Hunter House are finished with carefully chosen, high-end materials. They're perfect for downsizers, snowbirds and those who are looking for a spacious, quality home," says Robertson. "But what makes these homes extra special is the view they look out onto — the farmland and rolling hills. It gives residents a setting where they can enjoy the style and conveniences of the city, in natural peace and quiet."

The Hunter House project is nearing completion and is now more than 60 per cent sold out. Townhomes and stacked bungalows are move-in ready now, starting from the \$380,000s, plus GST. For a limited time only, the project is offering up to \$15,000 off until June 30, 2016.

The stacked bungalows line the perimeter of the development. Their residents have a front-row seat overlooking the development's manicured green space and Alberta's rolling foothills.

The townhomes at Hunter House are clustered in the centre of the development, with views of carefully maintained land-



CONTRIBUTED

scaping and green space, and easy access to the beautiful nature beyond.

Both home styles were designed to appeal both practically and esthetically. The open concept layouts and high ceilings at Hunter House let in plenty of light, creating a feeling of open space within the homes.

The high-end finishes make every room a pleasure to use, including quartz or granite countertops in the kitchen and bathrooms, stainless steel kitchen appli-

ances and durable, attractive laminate or engineered hardwood floors.

Outside the Hunter House community, residents are just moments from major roadways, the LRT and convenient shopping.

Right around the corner, residents can pick up groceries and home supplies from Sobey's and Shoppers Drug Mart, or visit the bank or medical clinic. A fitness centre, coffee house and neighbourhood pubs are

Low-maintenance lifestyle

There's something to be said about living easy. The conveniences at Hunter House let residents enjoy relaxation at home, or go on vacation while ensuring their home is well taken care of.

Your private, double-car garage and driveway will keep your vehicles and storage safe and secure.

When you arrive home with an armfull of groceries, getting in is just a swipe using the easy keyless entry system.

Home maintenance is designed to be easy too, with durable outdoor finishes including the low-maintenance HardiePlank exteriors that were designed to stay strong no matter the weather.

And residents don't have to worry about landscaping and snow removal – they're included in the monthly condo fees.

also located close by.

The nature isn't just for watching from your windows. At their doorsteps, residents at Hunter House will be able to take advantage of 150 acres of walking trails and bike paths through the nearby municipal reserve. The development is also bordering on show jumping arena Spruce Meadows.

"Many of our buyers are attracted by the lifestyle of the area," says Robertson. "They drive down the road and they're bordering on fields. They don't have the city lights at night — instead you can see the stars. Our residents experience all the beauty of the countryside here."





HOUSE

FEATURED MOVE IN READY HOMES



261 Silverado Plains Park | Split Level Townhome | 1498 sq.ft.

3 bedroom, 2.5 baths

Courtyard views and South facing terrace

Full size 20'x19' double car garage & driveway

9' ceilings throughout

42" upper cabinetry in kitchen with

soft close doors

Stainless steel appliance package

Quartz bathroom countertops with undermount sinks

\$376,671 (plus GST)

230 Silverado Plains Park | Attached Bungalow | 1406 sq.ft.

2 bedrooms plus den, 2 bathrooms

Full size 20.5'x19.5' double car garage with driveway

10' ceilings throughout

Quartz kitchen countertop with undermount sink

Stainless steel appliance package

Ensuite features in-floor heating

West facing patio and incredible views of landscaped courtyard

Air conditioning included

\$471,631 (plus GST)





Your home, your way

No family is the same. Some need more space and some need less, others prioritize affordability, some feel location is the most important thing, while others look to finishings and quality materials.

Jayman Modus offers more choice than any other multi-family builder, including the largest combination of interior options, amenities, models, building styles, communities, price points and services for people in many phases of life, says Val Douglas Sales Manager of Jayman Modus.

"Jayman has been building homes for 35 years and within this for nearly 15 years has proudly built over 1,700 multi-family homes for purchasers to enjoy," says Douglas.

"Our move-in ready luxury condos and townhomes across Calgary and Riversong, Cochrane provide a wide range of home options that are well suited to first-time buyers, couples with growing families and downsizers," says Douglas.

Located inner city, Overture in Currie Barracks SW offers a selection of seven residence luxury condo models and two penthouses, with premium specifications including 10-foot ceilings, air conditioning, quartz waterfall countertops, top-of-the-line stainless steel Kitchen Aid appliances and five-inch-wide solid hardwood flooring, plus more. Condos start in the \$460's plus GST.

The two- and three-bedroom townhomes with garages in Avira in EvansRidge NW community are even more accessible, starting at \$303's plus GST. Select homes feature beautiful granite countertops, laminate and ceramic tile



CONTRIBUTED

flooring and stainless steel appliance package, plus more.

The Rise in Riversong, Cochrane features

five models starting from \$291's plus GST, offering buyers single and tandem heated garage, stainless steel appliance package, washer

Condo fees. Blessing in disquise

Ownership of a condo property brings many benefits, including a low-maintenance lifestyle that affords you the time to do the things that are important to you. As an owner your contribution will ensure your community and home are cared for both in the short and long term.

Communities that have Jayman Modus condos and townhomes often have their own gyms, courtyards, parks, playgrounds and more.

As a result, communities are completely professionally landscaped and maintained. All water and heating costs for condos are covered, as is your maintenance, including snow removal and garbage pickup.

Condominium Association Members are only required to have content insurance, as the building insurance is covered by your condo contribution. This in itself has a savings on home insurance of up to \$972 per year.

With the improved maintenance standards of a condo association, you can rest assured that your community and home will always remain presentable and taken care of. You will never have to worry about neighbours who neglect exterior maintenance and yard work.

With this, owners will save up to 20 to 30 per cent on yearly maintenance costs," says Val Douglas of Jayman Modus.

and dryer and a private garden with barbecue and fire pit. It's all located in Riversong's beautiful, family-friendly community with acres of pathways, walking distance to river, a short drive to downtown Cochrane and one hour to Banff.

To learn more, visit jayman.com/modus.

"THERE'S NEVER BEEN A BETTER TIME TO BUY"

15 INNER CITY LUXURY CONDOS LEFT FROM \$460'S*





\$468,900* Building 2

One bdr, ensuite with Vortex free standing 72" tub and WI shower, laundry room, fireplace, huge walk-in closet, AC



\$602,900* Building 3

2 bdr, 2 bath, laundry room, fireplace, ensuite with Vortex free standing 72" tub/WI shower and dual sinks, AC

2 & 3 BEDROOM TOWNHOMES WITH GARAGE FROM \$303'S"



1277 sq ft

1404 sq ft

\$308,730* |\$1403/month

Dbl master/ensuites, tandem garage, laminate/ceramic flooring, upper floor laundry, granite countetops, AC RI



\$381,707* |\$1746/month

2 & 3 BEDROOM TOWNHOMES WITH GARAGE

Quiet cul-de-sac, 3 bd, 2.5 bath, double car garage, granite countertops, washer/dryer, laminate/tile flooring, AC RI

1683 sq ft

1593 sq ft

NO CONDO FEES FOR A YEAR 5 YEAR FIXED 2.3% EXCLUSIVELY WITH JAYMAN FINANCIAL

1018 sq ft

1393 sq ft



\$301,400* | \$1341/month

Double master, 2.5 bath, entry level flex room, upper aundry, garage door opener w/keypad, AC rough-in



\$309,900* | \$1378/month

Double master, 2.5 bath, entry level den/flex room, upper laundry, Caesarstone countertop, laminate flooring



\$323,400* | \$1438/month

3 bdr, tandem garage, 2.5 baths, upper laundry, selections beyond cabinetry available. Backs onto greenspace



\$329,900* |\$1467/month

3 bdr, corner /extra windows, 2.5 bath, entry level den/room, main floor laundry, owners suite w/WI closet, AC RI

jayman.com/modus

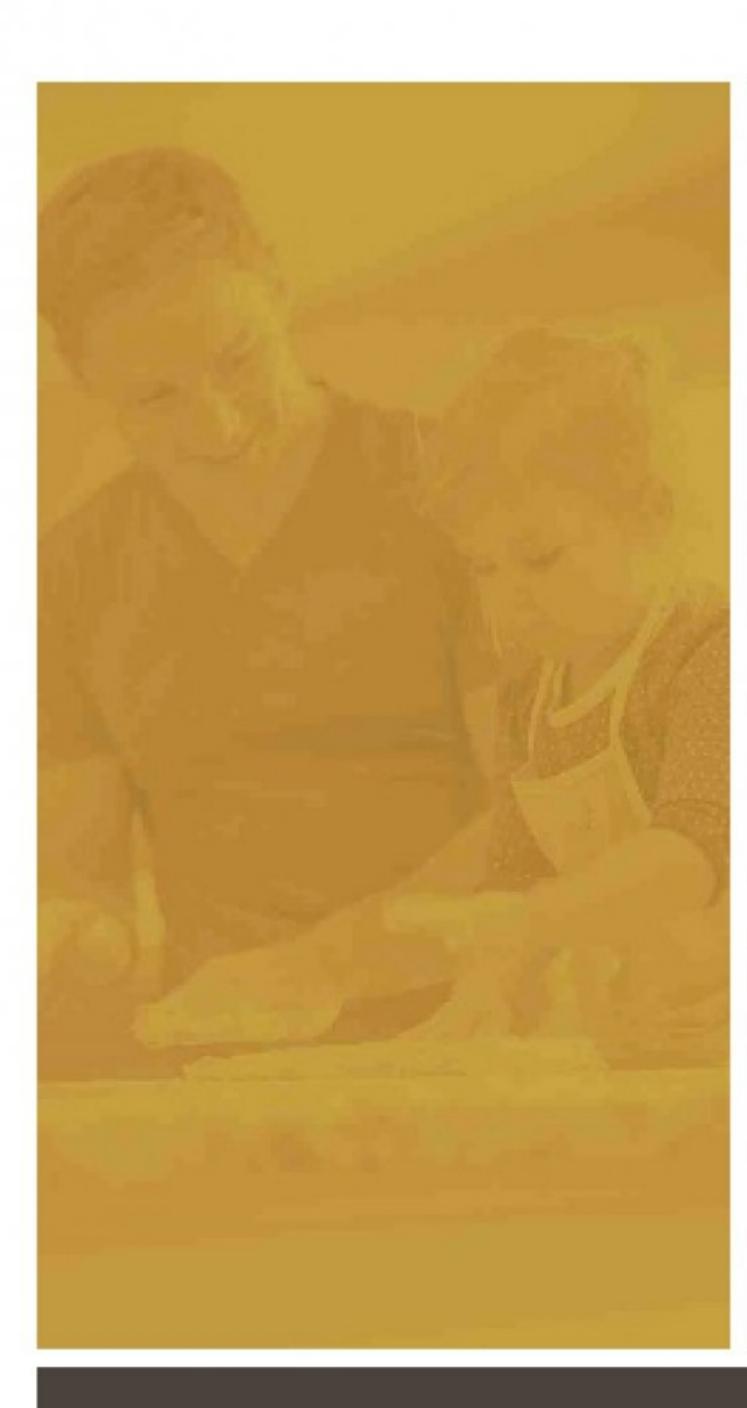
MOVE IN NOW!

1505 sq ft

1192 sq ft



*Pricing does not include GST and subject to change without notice.



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From your first home to your forever home, Brookfield Residential has thoughtfully designed homes built for you and those you love. With homes available in 30, 60 or 90 days, you can choose the timing that is right for you.

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AWARD WINNING Townhomes & Single Family Homes available in

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*Pricing and availability subject to change without notice. Please speak with a Brookfield Residential Representative for further details.



Featuring

THE CADENZA in Auburn Bay
288 Auburn Meadows Place SE
\$460s (Including GST)
1,675 sq ft
3 bed | 2.5 bath

2015 SAM AWARDS WINNER for Best Villa/Duplex



MOVE INTO YOUR DREAM HOME RIGHT NOW

Every family has different needs, and forwardthinking developers in Calgary are building homes to cater to them, says Murray Danyluk, manager of corporate brand and communications at Stepper Homes.

The company has been working in Calgary's master-planned Mahogany development since it opened in 2008 to build a wide range of homes for families with different lifestyles.

The quick-possession homes by Stepper Homes at Mahogany include four- and three-bedroom homes designed in various floor plans to suit different needs, and at varying price points to help families own homes within their budgets.

Eleven homes by Stepper Homes remain at Mahogany, starting from \$564,900. Two homes are ready for possession now, and all 11 homes will be ready by the end of the year.

"Our home building in Mahogany is coming to an end, so our showhome closes the end of June," explains Danyluk. "This is your last chance to get into a Stepper home in this special community."

The homes' options include models with main-floor dens, or an open-concept main floor.

Which one you choose should depend on the habits and needs of your family, says Danyluk.

"We've had homeowners who have used that main-floor den as the headquarters for their home-based business, whether they were a stock trader or massage therapist," he says.

The Stepper homes at Mahogany range from 2,138 up to just over 2,500 square feet. Features within the homes include quartz or granite countertops, a stainless steel appliance package, and quality hardwood and tile flooring.

Residents at Mahogany can take advantage of Calgary's largest freshwater lake, located within the community. That means lots of fun



CONTRIBUTED

activities for the neighbourhood, based on 21 acres of residents-only beachfront.

Every home has outdoor spaces such as backyard decks or west-facing back yards, and all are located close to the lake with a short walk to the beach house.

More than 3,000 people live at the eightyear-old community by Hopewell Residential, located in southeast Calgary. Its current residents are a healthy mix ranging from young families with children, to older downsizers, and everyone in between.

Alongside the lake, Mahogany also has more than 265 acres of parks, wetlands and open spaces for spending time in nature on foot or by bike. There's even a 13-acre central park under development now.

The commercial district is currently under development, with shops and restaurants slated to open at the end of 2016. It will be home to popular shops including Sobey's, several prominent banks, cafes and restaurants.

Beyond the community, residents will have quick access to an LRT station, now under development, and Deerfoot Trail nearby, giving residents convenient access to the city.



CONTRIBUTED

Communities with spirit

Community isn't a place, it's a sentiment. It all starts with community spirit, says Murray Danyluk, manager of corporate brand and communications at Stepper Homes.

Stepper Homes, a home builder in Calgary's master-planned neighbourhood Mahogany, has more than 60 years of history in the city, and they bring community spirit to every neighbourhood they build in. The company contributes actively to local causes.

"We take our community involvement as seriously as we take our home building," Danyluk says.

The Stepper Homes team regularly participates in fundraising initiatives including riding motorcycles for the Kids With Cancer Society and leaping into icy water at the Polar Bear Plunge. The company also works with Shelter Canada to fund and provide labour to build homes for families in El Salvador who are in need.

"It's an incredibly rewarding experience," says Danyluk. "It's important to us to give back."

11 CLASSIC SE CALGARY FAMILY HOMES

with Stunning Upgrades Included

This is Stepper Homes' last summer at Mahogany. But it could be the first of many for buyers who move quickly. Act now to secure a classic SE Calgary home with amazing upgrades included in the price.

QUICK POSSESSIONS - IN CONSTRUCTION NOW. MOVE IN AS EARLY AS JUNE 2016.

31 MASTERS RISE

\$564,900 | 2138 sq. ft.



204 MAHOGANY PARADE

\$579,900 | 2389 sq. ft.



182 MAHOGANY PASSAGE

\$569,900 | 2140 sq. ft.



56 MAHOGANY CRESCENT

\$569,900 | 2262 sq. ft.



198 MAHOGANY PASSAGE

\$574,900 | 2389 sq. ft.

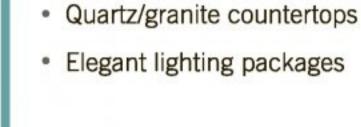


190 MAHOGANY PASSAGE

\$589,900 | 2314 sq. ft.









OUR LAST SUMMER AT THE LAKE MEANS **GREAT DEALS**

Only 11 homes available

Here are just some of the upgrades

- West facing backyards
- Summer ready deck
- Knockdown ceilings
- Beautiful hardwood flooring
- · Elegant lighting packages



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Ask us about five available Quick Possession Models in planning.

THE MAHOGANY SHOWHOME CLOSES JUNE 30TH, 2016...

So hurry for your preferred home and lot combination. Call 403-457-5570 | Mahogany@stepperhomes.com

A diverse community of homes in Cochrane

Find the perfect home for you in Cochrane, where there's a little something for everyone and a lot of amenities to love.

The town's close proximity to Calgary has proven attractive to homebuyers seeking the opportunity to experience the quiet, natural setting of Cochrane, without sacrificing on work or play inside city limits.

Those looking to make a move here will be pleased to discover that the town is also a hub of growth and development.

"In Cochrane, there's a home for every lifestyle," says Michael Klassen, sales manager at Jayman BUILT. "With homes available in three communities, and multiple styles available in each, we're sure customers will find something that suits their unique needs, and at a price that suits their budget."

For decades Jayman has invested in Cochrane's growth, and today offers a variety of product types, from townhomes with or without condo fees to move-up and semi-estate homes. There are more than 30 different models to choose from in one of three communities: Sunset Ridge, Riversong, or Heartland.

"Buyers want to look at the design of their future home to consider how they're going to use it," says Klassen. "We invite curious buyers who are looking to live in Cochrane to come to the community and see the homes in person. They can really experience what their home will be like."

Whatever home they choose, Jayman buyers in Cochrane will experience the heart and soul of Alberta thanks to a breadth of community amenities includ-



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ing the Spraylakes Sawmills Recreation Centre, MacKays famous ice cream parlour, and ample parks and natural outdoor playgrounds.

"It's beautiful out here," says Klassen.
"Cochrane is the perfect retreat from the hustle and bustle of work in the big city."

"There's a sense of optimism and a

bright future here," Klassen says. "And the prices are exceptional, particularly compared to similar products in Calgary."

Jayman has been building dream homes for families in Alberta for 35 years, and now offers a range of services to help you get the best home-buying experience possible.

Move-in ready

Jayman BUILT is known for its dedication to quality and craftsmanship, and homebuyers now have an opportunity to purchase one of a select number of 30-, 60-, or 90-day possession homes in one of two scenic Cochrane communities:

In Sunset Ridge

- Condo fee-free townhomes start from the \$280,000's
- Semi-detached homes start from the \$330,000's
- Move-up homes start from the \$520,000's

In Riversong

- Townhomes start from the \$290,000's
- Semi-estate homes start from the \$670,000's

To learn more about Jayman and our available homes visit our website at Jayman.com.

The company offers mortgage advice from in-house mortgage brokers at Jayman Financial, help for homebuyers looking to sell their existing home with Jayman Realty, and even a complimentary moving van rental provided with your home purchase.

"A home is one of the most important purchases you'll ever make," says Klassen. "We want to help our buyers get exactly the right home for them."

There's A Little Something For Everyone in Cochrane

And the only thing you'll love more than our homes, is the price.

In Cochrane, just minutes away from Calgary, there's a home for everyone. With amenities for every lifestyle, and Alberta's wilderness on your doorstep, Cochrane has become one of the most enjoyable places to live.

View a complete selection of our available homes at:

Jayman.com/GetAMoveOn



Brand **new** models. Brand **new** pricing.

Brand **new** core specifications.

Performance lives here.



2 AVAILABLE SEMI-ESTATE HOMES FROM

42 & 49 RIVIERA VIEW RIVIERA@JAYMAN.COM 403-932-6065

\$670'S

LOT & GST



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22 AVAILABLE TOWNHOMES FROM

\$280'S

129 & 133 SUNDOWN GROVE SUNSETRID SE@JAYMAN.COM 403-855-1144 3 AVAILABLE HOMES FROM

\$520'S INCLUDING HOME, LOT & GST

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LOT & GST

A home that's ready when you are

There's a home in Calgary for you.

If you're looking for a home in Calgary right now, there's a wide range of beautiful homes and communities to choose from.

"Now is the perfect time to buy a new home in this city," says Sam Hudson, director of marketing for 12-time Calgary Builder of the Year, Morrison Homes. "There are a wide range of new housing options on the market — many that are already built, so you can move in immediately."

Morrison Homes is currently building a range of homes in six master-planned communities across Calgary, each with its own distinctive style and personality.

The builder currently has move-in ready homes available in New Brighton, Auburn Bay, Mahogany, Legacy, Symons Gate and Nolan Hill.

Every one of these developments has a great community feel, says Hudson.

The homes themselves are distinctive, professionally designed and family-oriented homes built to last.

"The quality of design and craftsmanship that Morrison has built a reputation on is just as evident in our quick possession homes as it is for our homes that are built from scratch," says Hudson. "Buyers can browse our available inventory and let the quality of these beautiful homes speak for itself."

It's a very appealing way to buy a home, especially if you prefer a never-lived-in home with all the warranty coverage and service that is included — without the wait, Hudson adds.

Morrison's Quick Possession Homes are new homes that are currently under con-



COURTESY OF MORRISON HOMES

struction, or completely finished.

Interiors are a major part of that style.

Morrison's Quick Possession homes have interior finishes that have been carefully selected and coordinated by their skilled design consultants.

The three-bedroom, 2.5-bath Bentley model home at Nolan Hill features quartz countertops, hardwood floors, a gourmet kitchen with stainless steel appliances, and a

beautiful stone fireplace, among many other fine features. It's \$547,837 and ready for possession in August 2016.

The three-bedroom, 2.5-bath Kennedy Model duplex at Auburn Bay features an upgraded kitchen and a spacious deck and starts at \$429,700, ready for possession this September.

These and many more top-quality homes by Morrison offer homebuyers a multitude of

Find peace of mind

When you buy a new home, it's important to be protected.

Whether they're offering Quick
Possession homes or otherwise, Morrison
Homes takes pride in a Building Together
process, which includes a welcome home
orientation. The buyers can inspect
their home in a technical walk-through,
learning about the features of the home,
asking questions and identifying any
outstanding items to address.

Morrison's award-winning "Peace of Mind" warranty protection includes a four-month and 12-month walk-through, as well as 1-, 2-, 5- and 10-year warranty coverage.

The purpose? Every homebuyer should have peace of mind.

state-of-the-art living options.

No matter the home, Morrison ensures the design is contemporary and polished, but also understated enough so that homebuyers can adapt the homes to suit their personal style.

The Morrison Homes design team researches new home trends and handpicks the best new colours, textures and features to incorporate, ensuring Morrison Homes are some of the most stylish on the market in Calgary.

Homes range in size from smaller 1,300 sq. ft. front-garage homes to larger, 3,500-sq.-ft. luxury estate homes, so you'll be sure to find a home that suits your needs.

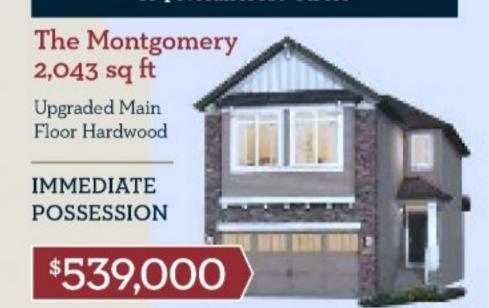
READY WHEN YOUARE. GUICK POSSESSION HOMES CRAFTED BY MORRISON.

LEGACY | SE CALGARY 147 Legacy Landing

The Everett · 2,545 sq ft
4 Bedroom Home Backing Onto Green Space



NOLAN HILL | NW CALGARY 164 Nolancrest Circle



NOLAN HILL | NW CALGARY 404 Nolan Hill Blvd

The Everett · 2,545 sq ft
4 Bedroom Home with Loft



NEW BRIGHTON | SE CALGARY 183 Brightoncrest Point

The Emmett · 2,288 sq ft
Large Bonus Room and Seperate Basement Entrance



NOLAN HILL | NW CALGARY 376 Nolan Hill Blvd

The Huntington · 2,040 sq ft
Sunroom with Skylights



SYMONS GATE | NW CALGARY 65 Sage Bluff Blvd

The Jefferson · 2,348 sq ft 21' Wide Garage and Large Dining Room



AUBURN BAY | SE CALGARY 168 Auburn Bay Ave

The Arlington · 2,348 sq ft
Lake Views with Partial Walk-Out



AUBURN BAY | SE CALGARY 211 Auburn Meadows Place

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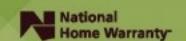
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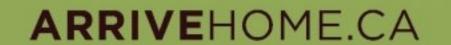
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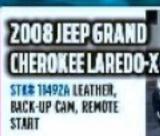
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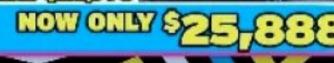


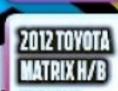


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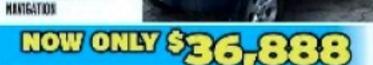


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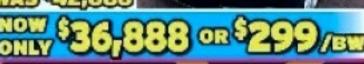
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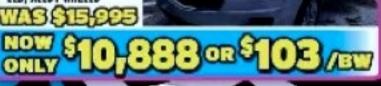














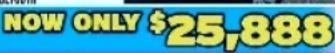
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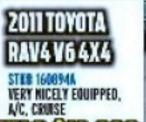


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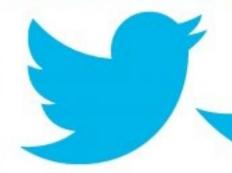
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Wednesday, May 25, 2016

Business metr
NEWS



Twitter pushes past limit

Photos, links and usernames will no longer count as part of the 140-character limit when the new changes are made.

TORSTAR NEWS SERVICE

Confirming reports that surfaced last week, Twitter announced Tuesday will be making a series of changes that allow tweets to be longer than 140 characters and are aimed at improving communication over the microblogging service.

Released in a blog post, the company announced four changes that mean items previously counted as part of characters in messages on the service now will not, including photos, links and usernames. The changes will be rolled out in the next few months.

Most of the changes were welcomed by users online, although since this was Twitter, there was obviously some grumbling. The main complaints stemmed from what took the company so long, and also that despite numerous pleas from many users, the

company still has not done enough to limit harassment, particularly of female users on the platform.

Twitter is in a difficult position, as growth of the service has stalled at around 300 million users, and many new users have problems understanding the service or gaining a meaningful follower count.

It is still the most real time of social networks, and definitely remains beloved by its power user base.

At least these changes will actually be coming. Ever since founder Jack Dorsey returned as CEO in June 2015, the company has made noises about changes, often to back off.

There was a talk of unlimited (or 10,000 character) tweets that was quickly kiboshed. As well, the company introduced a "While you were Away" feature

before it launched caused many of its users to panic and worry about changes, but it has had little effect since rolling out.

The bigger issues with Twitter, at least if it wants to competes with the social networks like Facebook, Instagram and the many messaging apps that have user bases that dwarf it, is the company has to find a way to get user growth back on an upward trend.

The company admitted in April that its advertising number were down due to stagnant user growth, but also because Twitter ads were underperforming in terms of how many few users were interacting with

As well, analysts have criticized it about how, unlike its competitors, it has yet to create a self-service ad platform. which has worked well for



Twitter co-founder and chairman Jack Dorsey. THE ASSOCIATED PRESS

Facebook.

It is unlikely that these changes will make Twitter more welcoming to new users, but at the very least, its dedicated fans seem to be looking forward to less editing to get their point across in to get a media rich or a Tweet with a link in it.

The four changes:

WHO'S THAT TWEET FOR: When responding to a tweet, and @name will no longer

count as characters in a 140-character tweet. But up to 50 people (!) can be included in a conversation.

LINK TO YOUR HEART'S DELIGHT: Photo, GIFs, videos, polls, links and quote tweets won't count. This is actually great for sharing your thoughts and the content you want to pass to your followers.

O GOT MORE TO SAY: You can now Retweet and Quote Tweet your own tweets, which was available on some third party Twitter clients, and lets people

comment on their own brilliance for as long as they like.

O THE"." IS GOING: The period before a Tweet used to make that person's followers see that tweet. That is being removed, and now a username at the beginning of a Tweet will go to all your followers. Previously, that conversation would go under the "Tweets & Replies" category. Now these replies will go to all your followers. This is the one that could be problematic, as now we could all be privy to longer chats between parties. It will be great to watch Twitter fights, but could be boring with friends who start planning their weekend. Remember, Direct Messaging is your friend.

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85 real estate firms not following rules

At least 85 real estate companies have not implemented a plan showing how they are trying to detect money laundering and other suspicious transactions. nearly 15 years after they were required to do so, according to data obtained by The Canadian Press.

The federal anti-money laundering agency received 337 compliance reports from roughly 1,000 companies in the real estate sector it surveyed between Jan. 1, 2013, and Feb. 8, 2016.

The data represents only a small sampling of the real estate industry. There are about 20,000 companies in the real estate sector that are required to report to Fintrac.

An analysis of the data found that roughly a quarter of the 337 respondents admitted they had not yet fully implemented a compliance regime, which has been required by federal laws since 2001. THE CANADIAN PRESS

CRTC to evaluate so-called skinny TV

Canada's broadcast regulator is launching a public hearing to evaluate the implementation of so-called skinny TV services.

As of March 1, the CRTC mandated cable and satellite TV service providers to offer basic cable packages capped at \$25 monthly and let consumers add channels onto their subscriptions.

The companies are required to offer both options in De-

Bell, Rogers, Shaw and Videotron are scheduled to attend the public hearing starting Sept. 7. 2016, in Gatineau, Que., to help the CRTC determine if their skinny TV offerings fall within the regulations and the spirit of the policy.

The CRTC is taking this into account as part of the licence renewal process for providers, but the regulator says it intends to renew all licences unless any issues arise. THE CANADIAN PRESS

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MEWS

Your essential daily news

Wednesday, May 25, 2016

ROSEMARY WESTWOOD ON HOW NOT TO BE NICE

Unburdened by the need to please and be pleasant, some brave women are saying and doing what they want, letting other, more wary women live vicariously through them.

Niceness, our national pastime, has special significance for women. It is not only a constant expectation, it is considered innate. It is inextricable from girliness and womanliness, part of their very definition. And despite feminism's long work to undermine this trope, niceness has gone nowhere.

Which is why, just last October, researchers at Arizona State University found that anger only looks good on a man.

In the study, anger made men more convincing, but "when women expressed identical arguments and anger, they were perceived as more emotional," thus undermining their message, noted co-author and psychologist Jessica Salerno.

In other words: Since anger is not nice, an angry woman is doing something wrong, and therefore she's not credible. Or, probably, likable.

This is also why powerful women are routinely derided with antonyms of nice.

The writer Lindy West, for example, has been called many traditionally unsavoury things, and one of them led to the title of her new book. Shrill: Notes From a Loud Woman chronicles West's ascension to feminist-commentary fame. "My husband came up with it," she told one interviewer, of the title. "I don't totally remember (why). I'm sure some Internet troll called me shrill."

In snatching a label often used to undermine women's views, West has spun slag into self-praise. Because she chose to name the book after a supposed insult, it is both a rebranding of the word and a branding of West herself. The message to readers is clear: Lindy West gets called bad names, and not only does she not care — she's

ine line. Pinned to the top of her Twitter profile is this caution: "If you're a 35 to 45 y/o white man whose deepest fear is being laughed at by women let's just go ahead and assume we are natural enemies."

When her book comes



WHAT DID YOU CALL ME? The title of Lindy West's new book, Shrill, is a wink to women who have been put down for failing to be nice. JENNY JIMINEZ/TORSTAR NEWS SERVICE

going to profit from it. It's a wink to women everywhere who have been put down for failing to show unfailing niceness, and a warning to those who don't like a brazenly opinionated woman.

In snatching a label so often used to undermine women's views by deriding their tone, West has spun slag into self-praise.

It's a similar tactic to Jen Agg's. The Toronto restaurateur has a forthcoming book titled I Hear She's a Real Bitch. Agg, like West, is a caps-lock Twitter personality ("Snicker, mutter about what a crazy bitch I am GO AHEAD I don't give a F-K," reads one tweet), unwilling to capitulate to critics, and uninterested in dutifully toeing a submissive femin-

out, she'll be selling the idea of "bitch" as something good a tactic that by now has a long history. Unlike the word "shrill," Agg's chosen insult-as-talisman has gone through dozens of meanings and connotations over nearly a century. The bad meanings have included whore and mean. The good: powerful, assertive and, even, feminist (as in, Bitch Magazine). A historical overview in Vice wondered whether bitch has retained any one overall meaning as a result of all this flux. From personal experience, I can confirm it remains, widely, a slur.

But words like "shrill" and "bitch" are worth using in book titles exactly because they remain controversial. They evoke other similarly sive" and "aggressive," and the worn-out critiques of powerful women, like Hillary Clinton, as yelling too much.

For as long as this niceness expectation remains the status-quo, it will give women like West and Agg their special spice. Unbur-

derogatory terms, like "abra-

ness expectation remains
the status-quo, it will give
women like West and Agg
their special spice. Unburdened by the need to please
and be pleasant, they say
and do what they want,
letting other, more wary
women live vicariously
through them.

That, I can tell you, is an immensely freeing experience, similar, if on a lesser scale, to the almost spiritual catharsis I have every time I watch Don't Hurt Yourself, Beyoncé's most vicious song in the cultural beast that is her visual album, Lemonade. The video is the most dangerous vision of Queen Bey we've ever seen. Menacing, dismissive, physically aggressive - she vibrates with the kind of anger that flares nostrils. "I am the dragon breathing fire," she sings, and "Who the f-k do you think I am?" and in a crescendo: "Tonight I'm f-king up all your s-t boy!"

The anger is so acute, so righteous. It feels so good precisely because it is transgressive.

One explanation for that, and for niceness's staying power, is that niceness is useful. It serves the patriarchy extremely well, since nice women don't cause fusses.

But, by the same token, they may have a harder time landing a book deal. What many women want right now is help on how to NOT be nice. How not to be cowed. We want our anger taken seriously, and our opinions, and our skills.

Book marketers seem happy to oblige.

Assisted-dying mess is inevitable product of feckless parliament



This country's highest court gave Parliamentarians 16 months to craft legislation on assisted dying. That ap-

parently wasn't enough.

Missing the June 6 deadline will not plunge this nation into some type of chaotic constitutional abyss, but the past 16 months leading to that deadline have taught us a lot about our political system.

When the court released its decision Feb. 6, 2015, the justice minister of the day, Peter MacKay, set the tone with a promise to look at the decision "carefully, thoughtfully."

MacKay was engaging in poli-speak for inaction.

It fell to Liberal Leader Justin Trudeau, then at the helm of the third party, to call for an all-party committee to begin work on the issue. Trudeau, prophetically, said a year did not seem adequate to write legislation when Quebec took more than four years.

The Stephen Harper Conservatives, with an eye to that autumn's election, believed national debate held no upside and did essentially nothing for five months before MacKay appointed a three-member panel, which dissolved when the election was called.

The Liberals inherited the file and a deadline of barely 90 days. It asked the court for a six-month extension but was given four months.

The work of a joint Commons-Senate committee was done in warp speed, its work was largely ignored and the Liberal push to meet the deadline meant a parliamentary committee unwilling to accept substantial amendments. A bill which comes down the middle on the question, without fully responding to the court decision, led to parliamentary skirmishes over time limits on debate, opposition obstruction, a physical skirmish in the House and a deadline drifting away.

But this saga goes back to January 2014 when Trudeau expelled all Liberal senators from the party caucus and declared them independent, a first step in changing the rules of the Upper Chamber.

The Senate is a more independent place under a process started by Trudeau, but also more unpredictable. The days of a majority government handing over its legislation for a rubber stamp by a majority in the Senate are over.

This Senate has already sent a report back to the Commons, saying the Liberal bill should be amended to allow advance directives from those who wish assistance in dying and are still able to let their wishes be known.

When the bill comes back to the Senate, independent Liberal James Cowan will push for an amendment broadening restrictions on eligibility.

We shouldn't be here after 16 months. Canadians deserve better.

Don't blame the courts.

Blame our representatives who acted like lazy students kicking the homework down the road under the Conservatives, then crammed during an all-nighter under the Liberals.

Tim Harper is a national affairs columnist for the Toronto Star.



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Kyle Lowry's slam dunk meal

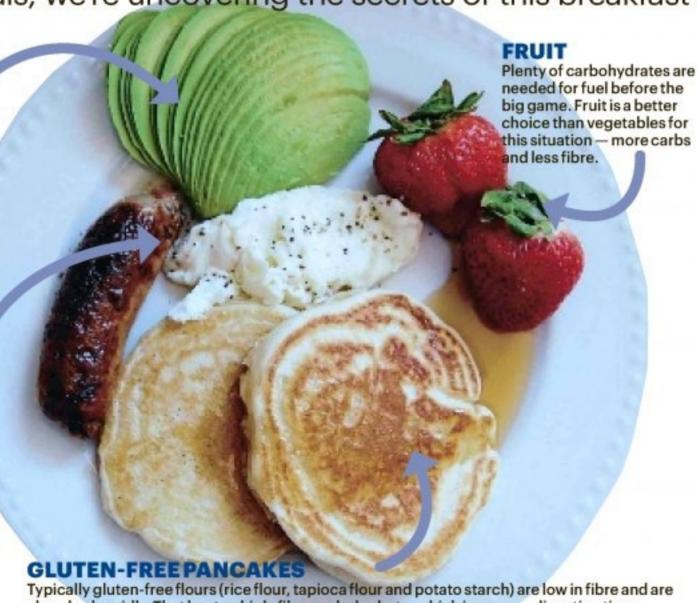
"On game day, we'll do egg whites and gluten-free pancakes — just to get the carbs in there — turkey sausage, avocado, fruit. We'll do a big breakfast, so I can burn the calories all day. Once game time comes, I'm already fuelled and ready to go." That's what the Raptors' Kyle Lowry told us a while back, when we asked what he eats for breakfast. Ahead of Game 5 of the Eastern Conference Finals, we're uncovering the secrets of this breakfast of a champion. TORSTAR NEWS SERVICE

AVOCADO

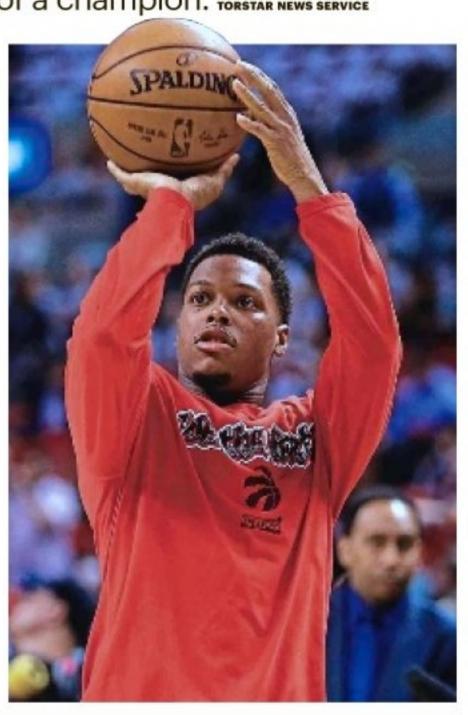
The avocados provide a healthy monounsaturated fat and help ensure Lowry gets enough calories before the game — an athlete at his level should be consuming a breakfast that contains between 750 and 1,000 calories. (Lucky him.)

TURKEYSAUSAGE AND EGG WHITES

These are great lean protein alternatives (compared to beef or pork sausages and whole eggs), which will keep the muscles and gastrointestinal (GI) tract happy. When muscles work intensely, there's competition between working muscles and the GI tract. The top priority for the body is to digest food, which will limit the blood supply to muscles, resulting in quicker fatigue. Fat takes three to five hours to digest, so Lowry doesn't want an excess of it before the big



absorbed rapidly. That beats a high-fibre carbohydrate, which increases digestion time, delaying the speed at which glycogen reaches the muscles. Also, grains that contain gluten (wheat, barley and rye) contain carbohydrates that are poorly absorbed and can cause gastrointestinal disturbances in some people — not a distraction you want when you're squaring off against LeBron James.



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Diva Q talks grill power

TV chef battles stereotypes while perfecting barbecue

Danielle Bennett describes herself as "a barbecue woman through and through," but she's had to work tirelessly over a decade to gain credibility in an arena dominated by men.

She says she's won close to 400 barbecue awards nationally and internationally, hosted the TV show BBQ Crawl for three years and has taken countless courses and apprenticeships. She travels tirelessly in search of barbecue — last year alone she took more than 50 flights and drove her truck more than 120,000 kilometres.

"It's been really hard to garnish that respect and integrity," says Bennett, who also goes by Diva Q. "Some people understood right away that I wasn't a joke ... (but also) I got dismissed a lot. Still to this day I do. I look at people and go, 'Really? After all these years?' It's 10 years now. I'm not new."

But when it comes right down to it, she loves feeding people, especially family and friends, and has compiled her favourite recipes into a new cookbook, Diva Q's Barbecue: 195 Recipes for Cooking with Family, Friends & Fire (Appetite by Random House).

She includes tips on tools, rubs and sauces, choosing a grill, preparing it for direct and indirect heat, and using wood chips and cedar planks.

"It's a reference book you can go back to time and time again and not some flaky little book from some chick that does barbecue," says Bennett, who names Texas brisket and Asian influences among her favourites.



Danielle "Diva Q" Bennett has published a new cookbook called Diva Q's Barbecue. THE CANADIAN PRESS

There is no such thing in my world as a barbecue season. It's every day of the year.

"There are tried-and-true recipes for Sunday suppers, weekend warrior programs, during the week. It really goes the whole range from southern classics - some recipes for biscuits because I love biscuits - to desserts to lots of fish and seafood dishes; especially in Canada we have lots of incredible seafood."

Along with recipes for salads and vegetarian entrees, one unusual item is a roast chicken in which a carved pineapple is used to stand the bird on instead of a beer can, which lends juicy flavour and moisture, Bennett says, and doesn't "waste a perfectly drinkable

Then there's meat cake, in which two layers composed of a beef, sausage and bacon mixture topped with cheese are layered between mashed potatoes. "I have already had people message me saying they want to try it for special occasions like Valentine's Day or their birthdays or mini meat loaf versions of it, like cupcakes," says Bennett.

When judging barbecue for charity events, Bennett says taste, tenderness and appearance are key components.

"Appearance is one of those things where you're looking for things like that nice rich

developed bark, the deep red mahogany colour that most barbecue has. Tenderness is pretty subjective, but basically ribs should not fall off the bone. You should be able to get a nice clean bite out of them. They should be tender, but ... if they're falling off the bone it means they're overcooked."

For taste, ultimately the bite needs to have a balance of salt, savoury, sweet and smoke.

"One of the things that people do often when they're first starting out is if they're using wood chips or wood chunks they oversmoke their foods. I don't want to bite into a log of wood. I want the wood to just hug my food and give it a little kiss, but I don't want it to slap me upside the head."

In her cookbook, she lists the grills she loves to use, and is quick to point out she did not take a single dime for any of the recommendations.

Bennett also includes tips on winter grilling.

"On my YouTube channel a lot of my videos are done in the snow because I really believe that you should grill, barbecue 365 days a year. There is no such thing in my world as a barbecue season. It's every day of the year.

"Canada embraces that probably better than any other country in the world."

THE CANADIAN PRESS

TASTE TIPS

Five things to ensure success while grilling

Barbecue expert Danielle Bennett offers some of her top tips of the trade for success on the grill:

A clean grill is a safe grill

Do a full inspection, checking hoses and lines to be sure there are no cracks and that no rodents have moved in over the winter. Grates should be cleaned to prevent buildup of bacteria, which could be transferred to the next food you cook.

Tools

Pitch the fork that's included in most commercially sold barbecue kits, says Bennett. The sharp points pierce whatever you're grilling, allowing precious moisture to escape. Use one set of tongs for raw foods and another for cooked to avoid transferring bacteria.

Hold the sauce until the

One of the biggest mistakes people make is applying sweet sugary sauce at the beginning of the cooking process. If you add it too early it's more likely to burn. Instead, brush it on during

the last five to 10 minutes of cooking.

No peeking!

Keep the grill lid closed. If you're looking, you're not cooking. Each time the lid is raised, heat escapes and your food will take longer to cook.

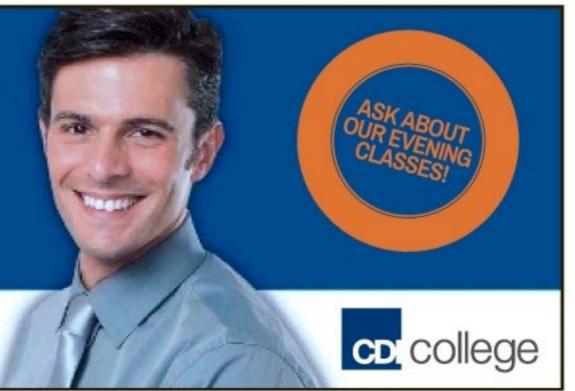


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Asparagus pie is an edible work of art

RECIPE

Get the family involved with this top-notch seasonal dish

Ricardo Larrivee For Torstar News Service

You know why I love asparagus? Because it's one of the first veggies that peeks out of the frozen Canadian soil, proudly announcing, "It's spring!"

I started growing asparagus outside Ricardo headquarters and now the whole office gets to enjoy the fresh-picked vegetable in salads, soups, simply steamed, or - best of all served up in a fancy-looking recipe like this quilt pie.

Try this beauty for family brunch time next weekend, and get the kids on board with the cooking: They'll love making what is basically edible artwork.

Top your store-bought puff pastry with all the good things life has to offer: ham, sour

cream, sautéed onions and eggs, sunny side up. Easy as

Quilt pie with asparagus, eggs and ham

Makes six servings. Preparation: 30 minutes Cooking: 45 minutes Cooling: 30 minutes

Ingredients:

- · 14 oz. (400g) store-bought puff pastry dough, thawed
- · 2 onions, thinly sliced
- 2 tbsp (30 mL) olive oil
- 1/2 lb. (225g) sliced Black
- Forest ham, chopped 1/2 cup (125 mL) sour
- cream • 1/4 cup (60 mL) wholegrain mustard
- · 24 to 36 small green asparagus spears, each 5 inches (12 cm) long, trimmed
- · 24 to 36 small white asparagus spears, each 5 inches (12 cm) long, trimmed
- 6 eggs
- Salt and pepper

Directions:

1. Line a 12 x 17-inch baking sheet with parchment



This quilt pie will make use of the asparagus poking up in your springtime garden. RICARDO LARRIVEE

2. On a lightly floured surface, roll out dough into a 12 x 17-inch rectangle. Place on prepared baking sheet. Fold edges inward, making

a 1/2-inch (1cm.) upturned edge. Refrigerate for 30 minutes.

In a skillet over medium-

high heat, brown onions in oil. Season with salt and pepper. Let cool.

4. In a bowl, combine on-

ions with ham, sour cream and mustard. Refrigerate.

- 5. In a pot of salted boiling water, blanch asparagus for 1 to 2 minutes. Cool in an ice bath, drain and set aside.
- 6. With the rack in the middle position, preheat the oven to 400°F (200°C).
- 7. Spread the ham mixture evenly over dough.
- 8. Plan out pie into six 5-inch (12 cm) squares. Working from left to right, place about 8 green asparagus spears side by side in first square. In next square, place about 8 white asparagus spears side by side, perpendicular to green asparagus. Repeat with remaining squares, alternating colours and directions to create a quilt effect.
- 9. Bake for 25 minutes. Remove from oven. Crack an egg onto each square. Bake for about 10 more minutes or until egg whites are cooked through. Cut into 6 squares and serve.



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ROSE REISMAN THE SAVVY EATER

THIS WEEK: Spreads

Peanut butter and Nutella are beloved breakfast and snack favourites. but one is definitely a healthier option.



Kraft All Natural Crunchy Peanut Butter (2 Tbsp)

Calories 180 Fat 14g Sugar 2g Saturated Fat 2g

28





Nutella Hazelnut Spread (2 Tbsp)

Calories 200 Fat 12g Sugar 20g Saturated Fat 4g







Equivalent to more than five Oreo cookies in sugar

Kids and adults alike love peanut butter and Nutella. From sandwiches, dipping fruit or straight out of the jar, these spreads are a daily snack or breakfast item for many. While both fare similarly when it comes to fat and calories, Nutella has twice the saturated fat, partly due to containing palm oil, and has 10 times the sugar! That equals about 5 tsp of the sweet stuff on a 2 tablespoon serving — too sweet for an everyday snack!

Little potatoes equal a fiesta for one

Papas criolla hold they key to a midweek one-person fiesta. They're perfectly round potatoes slightly smaller than a golf ball that are commonly found in Latin cooking.

Cheesy potato and bean bowl Makes 1 serving

Ingredients:

- 1/4 cup (60 mL) minced Cheesy potato and bean onion
- 1 tbsp (15 mL) plus 1 tsp (5 mL) canola or vegetable oil 1 cup (250 mL) refried pinto beans
- Salt and pepper, to taste
- 1 finely minced garlic clove 2 cups (500 mL) kale, stems removed and finely chopped
- 10-12 frozen papas criolla or 3-4 small, chopped Yukon gold potatoes, rinsed and skin-on
- 1/2 avocado, peeled, pitted and cut into bite-sized chunks
- · 2 oz (60 g) thinly sliced Oaxaca cheese or mozzarella
- Hot sauce, to taste

Directions:

1. In a medium skillet over medium-high heat, sauté onion in 1 tbsp (15 mL) oil. Add beans and cook until mixture softens and reaches a paste-like consistency,



bowl. TORSTAR

5 to 6 minutes. Add salt and pepper to taste. Transfer to small oven/microwave-safe bowl.

- 2. In the same skillet over medium-high heat, sauté garlic in 1 tsp (5 mL) oil until fragrant. Add kale and potatoes. Sauté until potatoes are hot and crispy and kale has wilted and become tender, about 7 to 8 minutes. Add salt and pepper to taste. Layer kale and potatoes on top of bean mixture in bowl.
- 3. Top bowl with avocado chunks. Place cheese on top. Melt cheese in microwave or broiler until bubbly. Top with hot sauce and serve immediately. TORSTAR NEWS SERVICE

1) FOOD BRIEFS

Boozy root beer a summer treat

In the world of ready-todrink (the liquids formally known as coolers), trends can be as short as a Canadian summer. With a customer base void of loyalty, and always looking to swallow the latest flavour, few are lucky enough to see a second season on the shelf.

Knowing the sales life of their output can be fleeting, producers have gone in some dubious directions to stay current. That's what makes this year's trend towards booze-infused root beer appealing. Both retro and hipster certified, root beer is a classic warm weather comfort beverage.

Dusty Boots Hard Root Beer (6x355ml, \$14.95-\$16.99), made by Iconic Brewing in Oakville, Ontario, looks and tastes like, well, the real thing. With its hefty 5.9 per cent alcohol level artistically disguised in a blend of hops and spice, it's got staying power with seasonal sipping written all over the label. PETER ROCKWELL/METRO



Johnny Depp's daughter the face of Chanel's new scent



Lily-Rose Depp GETTY IMAGES

Chanel has tapped Johnny Depp's 16-year-old daughter, Lily-Rose, to represent a new

Lily-Rose Depp announced the news on Instagram alongside a picture of her kissing a bottle of Chanel No. 5 L'Eau.

Chanel also made an announcement with a picture of Depp on its official Instagram.

The campaign comes on the

heels of Depp's stint modeling eyewear for the French luxury line last year.

Depp's mother is model Vanessa Paradis.

The teen plays pioneering American dancer Isadora Duncan in The Dancer, which screened last week at the Cannes Film Festival in France.

THE ASSOCIATED PRESS

Angelina Jolie to teach at London School of Economics

Oscar-winning actress and activist Angelina Jolie has been appointed a visiting professor at one of Britain's most prestigious universities.

The London School of Economics announced Monday that Jolie will be working with students studying for a master's degree in Women, Peace and Security.

Among others appointed to teach the course is former British Foreign Secretary William Hague.

"I hope other academic institutions will follow this example, as it is vital that we broaden the discussion on how to advance women's rights and end impunity for crimes that disproportionately affect women, such as sexual violence in conflict," Jolie said in a statement.

"I am looking forward to teaching and to learning from the students as well as to shar-



Angelina Jolie will be working with students studying for a master's degree in Women, Peace and Security. THE ASSOCIATED PRESS

working alongside govern- THE ASSOCIATED PRESS

ing my own experiences of ments and the United Nations."

JOHANNA SCHNELLER WHAT I'M WATCHING Don McKellar plumbs grey shades of comedy

THE SHOW: Sensitive Skin, **S2, E5 (TMN)**

THE MOMENT: The Guilty Plea

Davina (Kim Cattrall), her sister Veronica (Joanna Gleeson), Veronica's husband Roger (Colm Feore), and Roger's lawyer Lenny (Tom McCamus) have just exited court. Roger is innocent. But he recently learned that Veronica and Lenny are in love.

"Roger confessed," Veronica rails to Davina. "He did it for me, the stupid idiot."

"Did you think of the conse-

quences?" Lenny sputters. "I did, actually," Roger says calmly.

"Oh Roger, why?" Davina asks.

"It seemed like the only way we could both be free." he replies.

Director Don McKellar is plumbing the greyer shades of comedy here, and that's a good thing. Season 1, which explored Davina and Al's (McKellar) bumpy marriage, was about rue: How did we get to be so old, yet know so little? Its prevailing tone was wry and ironic.

Season 2 is about loss: How do we accept its inevitability? How can we let go of something, if we can't tell whether it's saving us or holding us back? Its tone is bittersweet, and that's tricky to pull off, but McKellar and his co-writers succeed.

Sure, Davina's year of magical thinking includes some pretty magical happenstance, and storylines can meander. But those quibbles pale next to what works.



Actor/director Don McKellar (left) and Clé Bennett in Sensitive Skin. CONTRIBUTED

The powers that greenlight shows have this crazy belief that 20-something questions - essentially, "What shall I become?" - are the only interesting ones.

Sensitive Skin proves that later-life dilemmas — "Do I like what I've become? What am I willing to give up in order to change?" - are every bit as fearsomely funny.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



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Modern crossover hits mark



THE CHECKLIST 2017 FORD ESCAPE

THE BASICS

Engine: 2.5L four-cyl/1.5L turbo 4-cyl/2.0L turbo four-cyl

Power: 168 horsepower Transmission: Six-speed automatic

Price: Starts at \$25,099, top model \$35,999

TECH FEATURES

 Adaptive cruise control, collision warning, automatic emergency braking, perpendicular or parallel park assist with park-out functionality and lane keep assist are all available as well as SYNC3, SYNC Connect and a new Ford Pass app for your smartphone.



LOVEIT

- New look
- · Smooth stop/
- Lots of available

LEAVE IT

Small back seat
Bad base engine

REVIEW

Refreshed 2017 Escape has great tech

The Canadian Rockies may not be the most obvious pick for a non-skiing vacation, but once you get a chance to drive through it, the beauty of the snow-capped mountains, fresh piney smell, and close-up glimpses of wild animals outside your window make you wonder why more people don't come.

In the same way, the Ford Escape may not be the most obvious choice for a compact crossover. Like an all-inclusive beach resort, most people will gravitate towards a Honda CR-V or a Toyota RAV4, but once you drive the new 2017 Ford Escape, you come to appreciate that it has a lot to offer.

The Ford Escape has always been a top seller in the compact crossover segment, and it's the second best-selling Ford model after the F-150. It was starting to feel dated, but the refreshed 2017 version with great technology will make it more competitive.

Outside, the biggest change is a big grille that makes the Escape look like a smaller Ford Edge. It helps give the crossover a wider stance and more presence on the road. Available LED headlights freshen up the look, and adaptive headlights are available. The first big news is two new EcoBoost engines: a 1.5-litre turbo four-cylinder and a 2.0-litre four-cylinder with a twin-scroll turbocharger. They both come standard with stop/start, and it is one of the most seamless and least annoying systems out there. The intelligent system improves fuel economy by four to six percent in stop and go traffic and won't activate if the car is in extreme temperatures.

The carryover 2.5-litre fourcylinder is still available, but it's really not the engine you want because it makes the Escape feel lethargic. The EcoBoost options are much better.

On a few stretches of two-lane mountain roads, passing three slower moving cars at a time was surprisingly quick and wasn't anxiety-inducing.

Front-wheel drive Escapes are available, but most people will opt for the AWD system, which reads the road conditions every 16 milliseconds. The system can transfer up to 100 per cent of the power to the front or rear wheels if needed. The system makes the crossover feel surefooted, and it never lost traction in the rain, snow or freezing rain experienced while driving in the mountains and the engine never lost steam at higher altitudes.



32 Wednesday, May 25, 2016 metr@WHEELS

NISSAN

Nissan has bought a 34 per cent equity stake in Mitsubishi Motors. GETTY IMAGES

Nissan buys chunk of Mitsubishi Motors

MEDGEDS

Two join forces to share tech, platforms and more

These two Japanese auto-

makers have signed a basic agreement to, according to the official press release, form a "far-reaching strategic alliance," though they've already collaborated in various ways for five years.

The cornerstone of this business deal is Nissan taking a 34 per cent equity stake in the triple-diamond brand, a move that's valued at 237 billion yen, about \$2.1 billion U.S. This deal will make Nissan the largest shareholder in Mitsubishi Motors.

These automakers will partner in areas including purchasing, vehicle platforms, technology sharing and joint manufacturing-plant utilization, among other things.

This union could dramatically reduce costs for both companies. Pressure from global competitors, government regulation, currency-exchange rates and an ever-escalating technology arms race are pushing car companies to the financial limit.

The deal will be sealed when a definitive alliance agreement is signed, something that's expected to take place by the end of this month. Carlos Ghosn, president and CEO of Nissan called his latest conquest a "breakthrough transaction and a win-win for both Nissan and Mitsubishi Motors."

AUTOGUIDE.COM



CONSOLIDATION

Japan's auto industry may get down to three brands

According to a report from Kelley Blue Book, tectonic changes could rock the world's largest vehicle producer right to its foundation. Consolidation could reduce the country's eight brands down to just three or four by 2021.

As crazy as this may sound, there are several good reason why it could happen and cost is one of the biggest.

Designing, engineering and building vehicles is incredibly expensive, especially as they become ever more tech-laden.

The cost of meeting everchanging government regulations around the world are COSTS

Consolidations can cost money, but the savings can be even bigger. The Mitsubishi deal, for example, could cost Nissan around \$1.9 billion U.S. but the company is likely banking on even greater monetary savings.

nothing to scoff at, either.

A strong Yen and slowing sales in China are compounding issues for these companies, the report found. AUTOGUIDE.COM



Subaru's boxer engine celebrates 50th birthday

The Subaru Boxer engine is celebrating its 50th anniversary this year.

Originally introduced on May 14, 1966 in the Subaru 1000 compact passenger car, the Japanese automaker has since produced more than 16 million units. Today, every vehicle sold by Subaru is powered by a Boxer engine, which features a horizontally opposed design with the pistons facing each other in a side-by-side symmetrical layout.

With the opposing pistons working to cancel out the inertia force of each other, the engine has less vibration and superb rotational balance to provide a smooth feel through the rpm band.

Subaru considers its iconic Boxer engine to be one of the key components in the company's distinctive Symmetrical All-Wheel Drive (AWD) system. The symmetrically laid-out drivetrain helps provide balanced distribution of weight, so that the AWD system delivers excellent performance and stability at high speeds.

The Japanese automaker isn't the only company that uses a horizontally opposed engine design. Porsche is also famous for having flatfour and flat-six engines in its lineup. AUTOGUIDE.COM



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Tips to steer you to a great deal in a used car

Pre-owned has its benefits if you know what to look for

There are many reasons why people buy used cars and advantages that come from pre-owned vehicles. For Bob Pendock, general sales manager of Brasso Nissan in Calgary, it's important to know not only what you're looking for, but what to look for.

"A lot of times we have parents shopping with kids, or first-time buyers - mom and dad come along to help them find the correct vehicle and get a fair deal," he said. "Others buy used cars because they can save some money."

However, Pendock said it's important to look at the monthly costs when judging a deal. "Say if you buy a 2010, more often you can only get a five-year term — the monthly payments may be the same as a new car and that runs counter to what they're thinking," Pendock added.

There are different types of used cars, so Pendock explained you may want to look into demonstration/service vehicles as an option.

"With used cars, you're saving on depreciation and if you get a vehicle with low enough mileage and a warranty, it's a great deal," he said. "Demos are a really good buy - the buyer can enjoy used vehicle pricing for well-maintained cars. We have 30 service vehicles in use here at any given time."

Some people are concerned about buying someone else's problem. There are steps you can take to alleviate that fear and buying a used car that has been involved in an accident shouldn't be an automatic deal breaker, Pendock said.

"Thirty per cent of the cars we taken in have been in an accident of some sort. And you can have \$5,000 damage easily done in a shopping mall parking lot," Pendock said. "It shouldn't be an automatic black mark."

That said, there are certain types of accidents that people should watch out for. "If you had a \$10,000 or higher accident, or one that involves front-end impact, you may want to look into it a little more," he said. "You could have damage to the front suspension and steering components or the frame may be bent - but they can all be checked out. Investigate it a little bit and, if in doubt, take it to a third party for inspection."

There are plenty of advantages in buying from a registered dealer, like Brasso Nissan, he said.

"A huge part of it is trust - many people that buy or trade at Brasso have had their vehicles serviced here," he said. "That means we have a really good service history - sometimes from day one. We just print it off for them and we're happy to include the CarProof

"We offer some very good warranties that are offered Canada-wide. You can select the different mileages, terms, and deductibles."

DEMOS ARE A REALLY GOOD BUY — THE BUYER CAN ENJOY USED VEHICLE PRIĆING FOR WELL-MAINTAINED CARS.

Bob Pendock of Brasso Nissan

Pendock also explained that car buyers should be very wary of the lure of vehicles sold outside of the realm of registered dealerships, including street-side or Kijiji sales.

"Cheap options are never cheaper in the end," Pendock said. "Some people take care of their vehicles and you may be in luck; others, not so much. Even if you do get a used vehicle inspected, do you have the service history? What about the warranty? A person selling privately can't give you one.

"Will the seller give you a three-month, 6,000-km power train warranty on vehicles where the factory warranty has long expired?





GUIDE TO USED CARS SPONSORED CONTENT



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Penguins force Game 7

NHL PLAYOFFS

Crosby tallies two points, **Murray saves** 28 in return

The Pittsburgh Penguins are headed home for Game 7 of the Eastern Conference final.

Sidney Crosby had a goal and an assist, and Phil Kessel, Kris Letang, Bryan Rust and Nick Bonino also scored Tuesday night in a 5-2 victory that evened the bestof-seven series at three games.

Game 7 is Thursday night, with the Penguins hoping to reach the Stanley Cup Final for the first time since 2009 and the Lightning looking to advance to the Cup final for the second straight year.

Crosby assisted on Kessel's 5-on-3 power-play goal in the opening period and skated around Tampa Bay defenceman Anton Stralman into the clear before sending a wrist shot between goalie Andrei Vasilevskiy's legs for a 3-0 lead in the final minute of the second period.

Rookie goaltender Matt Murray returned to the lineup after being replaced as the starter for Game 5 by Marc-Andre Fleury, but his 10th playoff victory did not come without a bit of suspense.

Brian Boyle scored twice in the third period for Tampa Bay, with one of the goals bouncing off Kessel before getting past Murray, who finished with 28 saves. The second score drew the Lightning within one goal



Penguins goalie Matt Murray makes a save against the Lightning's J.T. Brown on Tuesday night. JASON BEHNKEN/GETTY IMAGES

with 7:17 remaining.

Rust's breakaway goal gave Pittsburgh breathing room and Bonino added an empty-netter to finish it off.

Kessel's goal was his teamleading ninth of the playoffs. Crosby had the primary assist, his first point since delivering game-winners in Games 2 and 3, and Evgeni Malkin also had an assist to extend his point streak GAME 6 In Tampa, Fla.



to four games after a slow start in the series.

The Lightning had an apparent goal by Jonathan Drouin waived off a little more than five minutes into the game, when Penguins coach Mike Sullivan successfully challenged that the young Tampa Bay winger was offside on the play before tapping in a rebound off Ondrej Palat's shot that bounced off Murray's pads.

Sullivan announced the decision to go back to Murray following Tuesday's morning skate, with the Penguins facing elimination for the first time this post-season.

Murray started the first four games of the series. Fleury replaced him during the third period of Game 4.

THE ASSOCIATED PRESS

Blues turning back to Elliott

The St. Louis Blues are going back to goaltender Brian Elliott for Game 6 of the Western Conference final against the San Jose Sharks.

"It's his turn," coach Ken Hitchcock said Tuesday. "It's his turn for Game 6."

Jake Allen has started the last two games and made 21 saves in a 6-3 Game 5 loss that included two empty-net goals.

The Sharks lead the series 3-2 and on Wednesday night can earn their first trip to the Stanley Cup final. The Blues are in the conference finals for the first time since 2001.



This has been Brian's playoffs and we'd like him to finish the job.

Ken Hitchcock

Elliott started every game of the playoffs before Hitchcock switched to Allen for Game 4, believing a shake-up was in order, and the Blues won 6-3 in San Jose. The two split duties during the season.

Hitchcock thought a couple games off might benefit the 31-year-old Elliott. The goaltender's 17 starts this playoffs equal his previous career total from the last four years.

THE ASSOCIATED PRESS

Dinos rock-steady through ups, downs

It's going to be a

different animal



OKLAHOMA CITY STANDOFF Thunder point guard Russell Westbrook dribbles around the Warriors' Stephen Curry and teammate Steven Adams during Game 4 of the Western Conference finals on Tuesday night. The Thunder entered the game leading the series 2-1. For the story, go to metronews. Ca. RONALD MARTINEZ/GETTY IMAGES

Of all the traits the Toronto Raptors have displayed this season, there is none of which they are more proud than their collective level-headedness.

They know not to get too euphoric after wins, to not dive into the throes of despair after losses; the even-keel nature of the season has helped make it the most special in franchise

And now, with a monumental

opportunity in front of them, one that may never come around again, they remain calm and colies," coach Dwane Casey said lective and not at

all full of themselves.

They know being 2-2 with the Cleveland Cavaliers in what's now a best-ofthree NBA East-

back in Cleveland. Dwane Casey ern Conference

final is a gigantic accomplishment but that it doesn't mean anything is going to be easy.

"I will say this: it's going to

be a different animal back in Cleveland, as it is in every ser-

on a conference call on Tuesday afternoon.

"When you go into another team's home territory, it's a little bit tougher."

The Raptors arrived in Cleve-

land brimming with confidence, but not cockiness. After being drilled in the first two games of the series at the Quicken Loans

Arena, Toronto rebounded with two wins at home. They were led by the scor-

ing exploits of Kyle Lowry and DeMar DeRozan — 67 points between them in Game 4 - and an increasingly stingy defence that has frustrated Cleveland's outside shooters.

"I think DeRozan and Lowry really took it upon themselves to get their team back on track, and we have to take that oneon-one challenge and be better with those two guys," Cleveland coach Tyronn Lue told reporters on Tuesday. TORSTAR NEWS SERVICE 38 Wednesday, May 25, 2016

Famous sons on the rise in Red Deer

MEMORIAL CUP

NHL progeny producing for top junior clubs

Jake DeBrusk was already grabbing headlines away from his father at the age of six.

The Red Deer forward, son of former NHL player Louie De-Brusk, grew up idolizing his dad and would accompany him to the arena whenever he could. Now 19, DeBrusk has trouble recalling most of those early memories,

but he remembers one moment when he was the centre of attention at an NHL rink.

"I just remember pictures of Louie me in the locker- DeBrusk room. I was in the GETTY IMAGES front page news

in the (local newspaper) for a bleeding nose from playing mini hockey in the room and I was like, 'Hey I made the paper.'"

NHL bloodlines run deep at the Memorial Cup in Red Deer, with seven players who have fathers that once laced up their

Rebels Jake DeBrusk and Adam Helewka celebrate a goal against the Rouyn-Noranda Huskies on Sunday night at the Enmax Centrium in Red Deer, JEFF MCINTOSH/THE CANADIAN PRESS

ADDITIONAL LANDS FOR SALE BY OFFER ESTATE OF J. C. ANDERSON

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5 bedrooms, 5.5 baths, games room, wine rooms and office. Beautiful southwest patio with elevated

panoramic mountain views. Also has a 6,000 ft2 (+/-) heated & insulated machine shop, a 2,240 ft2

II. THE RIVER RANCH LANDS West 1/2 of 30;20;1;W5M and Acreage at 0514212;1;2

(located within NW 1/4 of 30;20;1;W5M)

Parcel A - West 1/2 302 Acres (+/-) located directly on the Sheep River, with a 1,020 ft2 (+/-) cabin

constructed in 2012 with wood burning fireplace, 2 bedrooms, 2 baths, plus loft. Also includes a 1,200

ft2 (+/-) heated & insulated machine shop, a 4,500 ft2 (+/-) heated & insulated calving barn, plus other

older out buildings, sheds & hay barn. Panoramic views overlooking Sheep River Valley, foothills &

mountains, with natural springs throughout. The offer package will include a gravel assessment report.

Parcel B - 5.04 Acres (44) located within the NW % of 30;20;1;WSM and includes 1,440 ft2 (44) house, with

detached 832 ft2 (+/-) double garage, 4 bedrooms, 3 baths, and fully developed basement. Pandramic views

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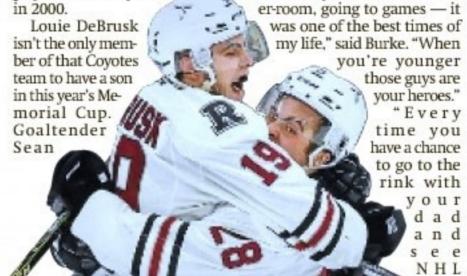
Parcel C - SW 16: 153.84 Acres (+/-) mainly pasture land with exceptional mountain views.

(+/-) heated & insulated Quonset hut and an outdoor tennis court.

overlooking Sheep River Valley, footbills & mountains.

skates at the top level.

DeBrusk, a Bruins first-rounder from 2015, first started going to the arena when his father played for the Coyotes



Burke's son Brendan and forward Keith Tkachuk's son Matthew play for the London Knights.

and I learned that (young)," added "It was awesome growing up, the 18-year-old draft-eligible for-I was always around the locker-room, going to games - it ward Tkachuk. was one of the best times of my life," said Burke. "When lot of time with my mom. There are stories of her putting me you're younger on the ice when I was two, so those guys are

your heroes." not only my dad but my mom "Every had a huge part in my development too." time you have a chance Being the son of an NHLer can to go to the also have a downside. DeBrusk rink with remembers that sometimes he was targeted by the opposition your because his father was a pro. d a d

"When I first got in the (WHL) I had fight offers right away," he said.

players and the way they treat

themselves on and off the ice, it

shows you there's a lot more to it

"My dad was playing, I spent a

DeBrusk is one of three play-

STANDINGS

0 Knights Huskies 0 0 2 Rebels 1 W. Kings O 0

*- BEFORE TUESDAY'S GAME BETWEEN ROUYN-NORANDA AND LONDON

ers on the Rebels with an NHL connection. Forwards Ivan Nikolishin and Adam Musil grew up with NHL fathers, as did London forward Max Jones and Brandon Wheat Kings forward Nolan Patrick. Patrick's uncle James is also currently an assistant coach with the Dallas Stars.

THE CANADIAN PRESS

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Last-place Jays no problem for Yanks

For the first time since the second week of the season, the New York Yankees are back at .500.

A resurgent Nathan Eovaldi combined with his bullpen on a two-hitter to win his fifth straight, and the Yankees beat the Blue Jays 6-0 Tuesday night to extend their winning streak to six games.

Carlos Beltran homered off knuckleballer R.A. Dickey and drove in New York's first two **TUESDAY In Manhattan**



BLUEJAYS

runs. Having dropped as many as eight games under .500 during their worst start in a quartercentury, the Yankees are 22-22. Last-place Toronto dropped to 22-25. THE ASSOCIATED PRESS

🗐 IN BRIEF

Ronaldo limping, but expected to play Saturday

Cristiano Ronaldo left Real Madrid's training session early after an injury scare on Tuesday, but doctors said the forward is not at risk of missing the Champions League final vs. Atletico.

Ronaldo hurt his left leg after colliding with reserve goalkeeper Kiko Casilla while going for a ball crossed into the area near the end of the session. He appeared in pain and stayed on the ground for a few moments as players surrounded him with CONCERN. THE ASSOCIATED PRESS

Researchers say late NFLer **Bubba Smith had CTE**

Former NFL defensive end Bubba Smith was diagnosed with the brain disease CTE by researchers after his death, the Concussion Legacy Foundation said Monday.

Smith died in 2011 at 66. He is one of 90 former NFL players diagnosed with Chronic Traumatic Encephalopathy since 2008 at a brain bank affiliated with Veteran Affairs, Boston University and the foundation.

THE ASSOCIATED PRESS



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RECIPE Salmon Burgers



Ceri Marsh & Laura Keogh For Metro Canada

These burgers made from fresh salmon get a zippy hit of flavor thanks to ginger and scallions.

Ready in

Prep time: 20 minutes Cook time: 10 minutes

Ingredients

- 11/2 lb fresh salmon filet
- 1 clove garlic, minced
- 1 Tbsp ginger, minced
- · 4 scallions, sliced 1/2 tsp salt
- · 2 Tbsp sesame oil
- 1 egg, whisked
- 1/2 cup panko (or bread crumbs)
- 2 Tbsp vegetable oil

Directions

1. Chill your salmon for at least 15 minutes before you begin, it will make it much easier to chop

up. Using a sharp chef's knife, cut away the skin (if you didn't buy skinless salmon). Chop the filets into roughly 1/2 inch dice. Resist the urge to use a food processor for this task or you will end up with salmon paste and that's not what we're after.

- 2. In a large bowl, mix together the garlic, ginger, scallions, salt, oil, egg and panko. Add your chopped salmon and mix thoroughly. Divide the mixture into four, good-sized patties.
- 3. Warm the vegetable oil in a large skillet over medium heat. Gently place the patties in the warm pan and cook four or five minutes, carefully turn them over and cook for another four or five minutes. Serve on a toasted bun with your favourite slaw.

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ACROSS

1. "Just for Laughs

" (Canuck fun

TV show) Beast of burden 8. First-rate, as an excellent job 14. Pronto, in an 15, Charge 16. _ Ed's (Toronto bargain store attraction) 17. Stuff pedestal 19. "SCTV" alum Ms. Martin 20. Soldier's garb 22.Stove brands,

23. Bell and Rog-

ers, hip-style 25.Belonging to rock singer Meat 29. Sanctuary 32. Nervous 34. Cat's claws locale 35. Muse of astronomy in ancient Greek mythology 37. Oscar-winner Ms. Field, to pals 38. Finale, in music 39. Montreal-born author of 1971 novel St. Urbain's Horseman: 2 wds. 42. "Titanic" (1997)

actress Suzy 43. "There no '_' _ T-E-A-M." 44. Earlier match or round [abbr.] 45. Glasgow refusal 46. Beef up: 2 wds. 48. Desktop symbols

49. County in

15 18 17 18 19 20 22 21 23 24 25 28 28 33 34 35 38 38 39 40 41 42 43 44 45 48 48 49 50 52 53 55 56 62 59 60 81 63 85 88 88 69

England 51. Shrill scream! 53. Dermatology plumping site 55. Magnitude 59. Taste, Statesstyle 62. Workshop tool 63. Chill

64. Filmdom

65. Marathoner Ms. Pippig 66. 1970 war movie, when tripled! 67. Sophisticated 68. Coffee make ...the 'cafe' has been drunk 69. Sea eagles

DOWN

flict)

1. Sailing spar sort 2. World's biggest continent Canadian composer Mr. MacDermot 4. Hairstyling woes: 2 wds. 5. Run _ of (Con6. Toronto college; or, Roman statesman 7. "We had joy...": 1974 hit song for Winnipeg-born singer Terry Jacks: 4 wds. 8. 1970s carpeting choice 9. "Mr. _" by Bobby

10."Then ...?": 2 wds. For every 12. Expend 13. "Harper Valley" 21. Soaps actress Ms. Francis 24. Celebrity 26. NASA's moon program 27. Gradually-seen movie scene: 2 wds. 28. Lots of locusts 29. Compassionate to critters 30. Perfumes 31. Deviates 33. Dress undergarment 36. _-tongued 38. Chess victor's declaration 40. Assists 41. Ye olde town announcer 46, Self-evident truths 47.Flowery 50. J.R.R. Tolkien: Middle-earth beings 52. Belonging to Des Moines' state 54. Address the heavens Prince _ (Alexander Borodin opera) 57. Change direction 58. Nays opposers US broadcasting regulator 60. Tiny 'tiny' 61. Ms. Navarro, 2016 Presidential election commentator on CNN

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20 Conversations with authority figures (bosses, parents and the police) might be heated today. Chill out. Part of the problem is that something unexpected will catch you off guard.

Taurus April 21 - May 21 Avoid controversial subjects today, because people are entrenched in their own point of view and will listen to no one else. Therefore, save your breath! Travel plans will change.

Gemini May 22 - June 21 Keep an eye on your bank account to know what's happening today, because something unexpected might occur. It could impact inheritances and shared property agreements.

Cancer June 22 - July 23 Because something is unexpected, this could throw you off your game when dealing with partners and close friends. Do your best to stay calm so that you can handle the unexpected.

Leo July 24 - Aug. 23 Today your work routine will be interrupted by computer crashes, power outages, canceled meetings and such. Give yourself extra time so you have wiggle room to deal with this.

Virgo Aug. 24 - Sept. 23 Parents should be extra vigilant today, because this is an accidentprone day for their kids. Romantic partners will also encounter speed bumps. Oops. Be patient.

Libra Sept. 24 - Oct. 23 You like to keep the peace with others for your own peace of mind. Therefore, avoid arguments with partners and close friends today. Be cool.

III Scorpio Oct. 24 - Nov. 22 This is a mildly accident-prone day for you, so pay attention to everything you say and do. If you are mindful and aware, you will be fine.

Sagittarius Nov. 23 - Dec. 21 Keep an eye on your money and cash flow today. Count your change. Double check your bills and invoices, because something unexpected will affect your wealth.

Capricorn Dec. 22 - Jan. 20 Today the Moon is in your sign, lined up with Pluto and at odds with Uranus. Guard against impulsive, impetuous behavior. Think before you act. Watch out for knee-jerk reactions.

Aquarius Jan. 21 - Feb. 19 Something hidden or behind the scenes will catch you off guard today. Patience and an unhurried pace will be your best approach.

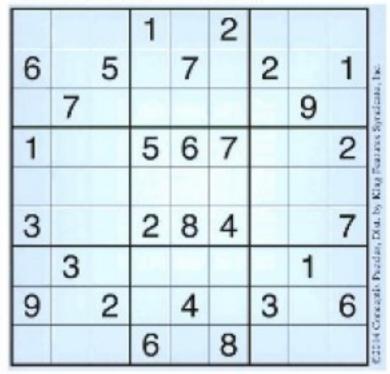
H Pisces

Feb. 20 - March 20 A friend might surprise you today. Alternatively, you might meet someone who is a real character. This person likely will be bohemian or "out there" in some way - definitely unusual.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

Vinton



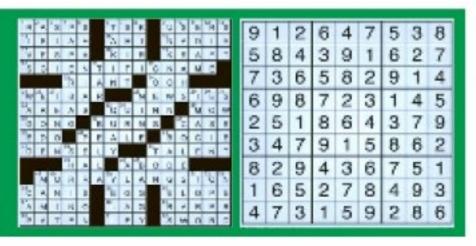


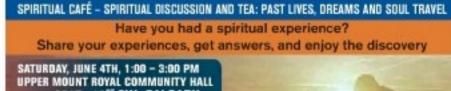
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